

STUDENTS *with* SOLUTIONS

A creative challenge for youth to share their bullying prevention ideas



MIDDLE AND HIGH SCHOOL STUDENTS SPEAK UP ABOUT SPEAKING UP!

Students are invited, with support from adults, to create videos and artwork/posters using our messaging guide for the opportunity to be featured on National Bullying Prevention Center (NBPC) websites, viewed across the country and the world – plus, win some awesome prizes! This challenge is a creative way for adults to engage youth in conversation about bullying prevention while they learn about speaking up for themselves and their peers.

How it works

- Create your video, or artwork/poster, using the following messaging guide
- Video recording should be 1-3 minutes in length and include as many ideas or messages as possible
- Enter by March 31, 2025, and include video or artwork/poster links in the submission form

Additional notes

- Minor adaptations to the messaging guide are encouraged; however, be sure to use the following language:
 - Use the phrase “**bullying prevention**” instead of “anti-bullying”
 - Use “**someone who bullies**” instead of “bully or bullies”
 - Use “**target**” instead of “victim”
- Music included in videos must be royalty and copyright free, such as YouTube Audio Library
- Artwork/poster submissions to include at least three (3) of the guide’s ideas or messages

Top entries

Selected videos and artwork/posters may be featured on the [Kids Against Bullying](#), [Teens Against Bullying](#), or [NBPC](#) websites, along with a behind-the-scenes look about the students participating (with permission), as well as a chance to receive awesome prizes!

Top entries to be announced the week of May 1, 2025



MIDDLE AND HIGH SCHOOL STUDENTS SPEAK UP ABOUT SPEAKING UP!

Teens Messaging Guide for Video

Did you know that you can create change in your world when you Speak Up?

Speaking up about difficult things can really change things for the better, whether it's a disagreement with a friend, being the target of rumors, or something like bullying. When you learn how to speak up, express your needs respectfully, and take action, you will be better prepared to solve problems yourself and understand when you need to ask for help.

Speaking up about bullying can be hard. And, knowing how to say what you need may seem even harder. With bullying, a lot of students just don't want to talk to an adult about what is happening, even though it often takes a caring adult to get bullying to stop.

So, how do you Speak Up?

What do you say? And, how do you say it? Who do you trust to help you?

Speaking up if something like bullying is happening means:

Finding an adult you trust, letting them know you need help, explaining what is bothering you, giving your ideas about what you want to have happen, and making a plan so that the situation can be better.

Your plan starts with describing what's happening. Remember:

Bullying can be physical, like pushing and shoving. Bullying can be emotional, like name calling, rumors, or leaving someone out on purpose. Words, whether said in-person or online, have the power to hurt as much as hitting, because all bullying hurts.

When you're speaking for yourself to an adult, tell them:

Where, when, and who was part of the bullying, how it made you feel, and, most importantly, what you want to have happen to make the situation better.

Remember, bullying can happen anywhere and anytime. But it's never okay, or cool, or funny. It's just wrong, and it shouldn't happen at all.

No one should ever bully. No one should ever be bullied. So, take back the power that bullying can take away: Use your voice, encourage others, and speak up about speaking up!

Be an advocate for yourself and others. Speak up!



MIDDLE AND HIGH SCHOOL STUDENTS SPEAK UP ABOUT SPEAKING UP!

Teens Messaging Guide for Artwork/Poster

How can speaking up create change in your world?

Why is speaking up about bullying hard?

What are some ways you can speak up?

When speaking up to an adult, for yourself or others, tell them:

Bullying can happen anywhere and anytime.

Bullying is never okay:

it's not cool

it's not funny

it's not fair

it's just wrong

and it shouldn't happen at all.

No one should ever bully.

No one should ever be bullied.

Take back the power that bullying can take away.

Be an advocate for yourself and others. Speak up!