

# Student Action Plan Against Bullying

Designed for youth to complete with or without an adult

Bullying affects everyone and every student can play an important role in preventing bullying. That means YOU can take charge of what is happening around you! Use this plan to think through a difficult situation and take steps to change what is happening to you or someone else. Whether you are the target of bullying, a witness, or the person who bullies, this plan can help you think through potential responses and come up with next steps to help prevent the bullying.

## What you can do

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Become an advocate or self-advocate. An **advocate** helps others get what they need. A **self-advocate** communicates their own needs.

It's important to understand that being a self-advocate does not mean you need to take next steps on your own. Self-advocacy is about being a part of the process, expressing your opinion, and ensuring that you are comfortable with the action steps taken toward that solution.

## How to use the Student Action Plan Against Bullying

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1. Read through the examples on pages two and three of this document
2. Decide if you want to start this on your own or if you would like to involve an adult  
*Note:* Even if you start this on your own, it's important to share with a trusted adult and provide them with information on the best way to support you. This is important because sometimes adults aren't aware that the bullying is happening, and many bullying situations won't get resolved until a caring adult is involved.
3. Complete the "My Personal Action Plan Against Bullying," on page four with your own experience as a target of bullying, a witness, or the person who is bullying

By completing this plan, you are taking action toward a solution.

## What's next?

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- ✓ If you haven't shared your plan with an adult you trust, now is the time
- ✓ Let the adult know how important it is to have their help and support
- ✓ Talk through your ideas together
- ✓ Decide which steps to take and who will help
- ✓ Write down your notes in your action plan

# Example Plan #1

*Kyla is a 10-year-old girl with Down syndrome. A classmate is making fun of her speech.*

<b>Step 1:</b> <b>Describe your experience</b>	<b>Step 2:</b> <b>Reflect on your ideas</b>	<b>Step 3:</b> <b>Develop potential solutions</b>
Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.	Then consider how that situation could be different. Include what you would like to see happen, what things could change, and what would help you feel more in control of the situation.	Next, think about the steps needed to make those changes happen. Consider what role you need to take, who would need to be involved, and what they would need to do.

## Place your responses in the boxes below

Sometimes, when I talk, it can be hard to understand. When it happens, there is this kid named Jordan that imitates me, and he makes a big deal out of it. He exaggerates my words and then makes sure that all his friends hear it, and a lot of them laugh. It really hurts and makes me wish I didn't have to go to school.	I don't want to get anyone in trouble, I just want him to stop. It's hard when it feels like people are laughing at me because of something I can't control. I want to say something to him but it's not easy to do. I wish one of the other kids would stick up for me. Maybe I could talk with some of my friends and see if they would support me when this happens.	I am going to talk with my mom and ask her for ideas. I am going to ask my mom if we can go to my teacher together and let her know what's been happening. My friend Andrea is someone who is always at my side. I am going to ask Andrea if I can talk with her any time I'm feeling bad. When I feel ready, I want to prepare myself to say something to Jordan, but in the meantime I am going to remember that I have many people who care about me.
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<b>Next steps</b>	<b>Who is involved?</b>
<input type="checkbox"/> My mom and I will go to my teacher together	My mom and me
<input type="checkbox"/> We will tell my teacher what is happening	My teacher, my mom, and me
<input type="checkbox"/> I will ask for Andrea to be my support	Andrea and me
<input type="checkbox"/> We will help Andrea with ways she can be supportive	My teacher, my mom, Andrea, and me
<input type="checkbox"/> I will practice what I can say to Jordan	My mom, Andrea, and me
<input type="checkbox"/> If Jordan continues to do this, I will let Andrea, my mom, or my teacher know	Andrea, my mom, my teacher, and me

# Example Plan #2

**Nate, a 14-year-old student, is tired of seeing his classmate, Sam, being harassed online through an anonymous account.**

<b>Step 1: Describe your experience</b>	<b>Step 2: Reflect on your ideas</b>	<b>Step 3: Develop potential solutions</b>
Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.	Then consider how that situation could be different. Include what you would like to see happen, what things could change, and what would help you feel more in control of the situation.	Next, think about the steps needed to make those changes happen. Consider what role you need to take, who would need to be involved, and what they would need to do.

## Place your responses in the boxes below

Someone at school created an anonymous social media account and keeps posting embarrassing pictures of Sam at lunch or between classes, turning them into memes. Other peers are liking the photos and the account now has a pretty large following.	I feel bad about what is happening to Sam, he must feel on edge all the time. I could reach out to Sam about how I can help and make sure he knows he isn't alone. I think I know who is posting the photos, but if I say something, I need to make sure it's not going to make things worse. I could encourage others to do or say something to show support for Sam, too. No one deserves to be treated that way.	I should show my school counselor screenshots of the account and images and ask what the counselor thinks of my ideas. I could also ask if there is anything we can do in class to talk about how hurtful online bullying is. I will report the account and talk with Sam about other ways I can help. I think it's important to also speak with my other friends. Together, we could post positive comments for Sam or encourage other peers to stop sharing.
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<b>Next steps</b>	<b>Who is involved?</b>
<input type="checkbox"/> Report the anonymous social media account online for harassing content	Me
<input type="checkbox"/> Be supportive of Sam, let him know I am there for him. Get his ideas on what is helpful.	Sam and me
<input type="checkbox"/> Let my friends know that I think the account is hurtful and we should share positive comments with Sam	My peers and me
<input type="checkbox"/> Talk with my school counselor, share my ideas, and ask for their advice	My school counselor and me
<input type="checkbox"/> Encourage my school counselor to provide strategies for students on how to respond to cyberbullying	My school counselor, my peers, and me

# My Personal Plan to Take Action Against Bullying

<b>Step 1:</b> <b>Describe your experience</b>	<b>Step 2:</b> <b>Reflect on your ideas</b>	<b>Step 3:</b> <b>Develop potential solutions</b>
Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.	Then consider how that situation could be different. Include what you would like to see happen, what things could change, and what would help you feel more in control of the situation.	Next, think about the steps needed to make those changes happen. Consider what role you need to take, who would need to be involved, and what they would need to do.
<b>Add your responses in the boxes below</b>		
<b>Next steps</b>		<b>Who is involved?</b>
<input type="checkbox"/>		