

Coalition for Healthy and Safe Communities

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KIDS2KIDS Students Uniting to Create Positive Change



Creating a Caring Community

"We cannot change the world by ourselves, but we can make a large impact if we live what we want to see... (You) have to be willing to lead by example and do what (you) believe in—whether other people are doing it or not!" If you want to see the climate at your school get better, then you need to treat everyone with respect, at all times.

"Leaders are always the ones up front. Talk to your friends, the members of your chapter, club, or council, and meet with your administration and share your ideas. When you can mobilize enough people to follow your example, you will begin to see exciting results as others in your community begin to care about each other."

Excerpts from 'Building Unity' by Phil Boyte from *Lead NOW or Step Aside! The Ultimate Handbook for Student Leaders* compiled by Eric Chester.

"Without a sense of caring, there can be no sense of community." Anthony D'Angelo

Connect with Kindness - 10 Ways to Be More Caring at School

1. Learn the names of as many students as you can. Smile at them and greet them by name when you see them in the halls, at extracurricular events, and in your community.
2. Reach out to kids who seem isolated or lonely and aren't included in cliques or groups. Be a friend to them.
3. When you're picking teams for gym class activities or after-school sports, don't just choose your friends.
4. Don't tolerate bullying, and stick up for kids who are bullied by others.
5. Respect school property and encourage other students to do the same.
6. Make an effort to get to know your teachers.
7. Treat everyone — students, faculty, staff, administrators, visitors—with courtesy and respect.
8. Thank teachers, support staff, and others for the work they do.
9. Get involved in programs (such as tutoring and mentoring) that helps build confidence in others.
10. Get involved in student leadership. Work to create a warm, caring, supportive school climate for everyone.



From Bystander to Upstander

Bullying usually happens with other kids around, right? Having an "audience" is very important to someone who bullies. She wants people to see what she's doing, and that she has power over the person she's bullying.¹

If you stand by and do nothing when you witness bullying, that sends a message that bullying is okay with you.

An upstander is someone who says "no" to bullying. Being an upstander is being a hero: standing up for what is right and doing our best to help support and protect someone who is being hurt. We want to make sure everyone—kids and grownups alike—in our schools and communities make the decision to be an upstander, rather than a bystander whose silence .may encourage the bully and further harm the victim. Now is the time to work together to make a difference.

When you see someone else being bullied—whether that person is a friend, sibling, or classmate—...

- **Stand Up!** The best way to stand up to bullying is to treat everyone with respect and kindness, especially those of us who are being targeted or bullied. You can make a big difference just by acknowledging the person who is being bullied and letting them know you are there for them!
- **Tell an Adult!** When you witness bullying behavior, are a victim of bullying, or are unsure if actions/words are okay, talk to a teacher, parent, or other trusted adult to get support. Bullying is serious and will not go away on its own. Speaking up is a very important way to stand up to bullying, and it does not mean you are being a snitch or tattle tale. When you tell an adult, you are helping someone else who needs support. If you tell a grownup about this and they don't or can't help find another adult you trust and tell them.

Do NOT use violence or try to get revenge on your own. It's possible that by speaking up or helping someone, you may become a target for bullying yourself. Be prepared for this, and don't hesitate to ask others for help.

1. PBS Kids GO! Bullies: Innocent Bystanders (<http://pbskids.org/itsmylife> Copyright © 2005 CastleWorks, Inc. All rights reserved.) 2 Information on being an upstander reprinted from www.schoolclimate.org. The information is adapted from National School Climate Center's Breaking the Bully-Victim-Bystander Cycle Toolkit. © 2010 National School Climate Center

Plan something fun for Mix it Up at Lunch Day on October 29th! For ideas, go to <http://www.tolerance.org/mix-it-up>

Who's a Target?

We all have the potential to become a target for bullying.

Here are some possible reasons a person may be bullied:

- Other people witnessed or learned of something embarrassing that happened to her (and who hasn't done something embarrassing!)
- He or she was in the wrong place at the wrong time when someone was feeling particularly mean.
- There's something that makes him or her stand out from other kids their age
- He or she gets anxious or upset very easily
- She is usually alone
- He doesn't have a lot of confidence and doesn't seem like he'll stand up for himself
- Once a person has been singled out by a bully, other people may view that person as a target and start bullying him or her, too.

Bullying could happen to anyone. That is one reason it's so important that we all stand up for victims and try to stop bullying whenever we witness it.

Adapted from *Bullies: Who's A Target?* From <http://pbskids.org/itsmylife>. Copyright © 2005 Castle Works, Inc. All rights reserved.



IML JOURNAL PAGE



TITLE: BULLIES

MY DEFINITION OF "BULLYING" IS:

THE WORST BULLYING SITUATION I'VE SEEN LATELY WAS:

WHEN I THINK OF THE PERSON OR PEOPLE WHO WERE BULLIED THAT TIME, I TRY TO IMAGINE WHAT THEY WERE FEELING. THESE ARE THE WORDS AND DESCRIPTIONS THAT COME TO MIND:

THESE ARE THE THINGS THAT I THINK KIDS, TEACHERS, PARENTS, AND SCHOOLS CAN DO TO PREVENT BULLYING:
