



Make a Difference with Kindness, Acceptance, and Inclusion

Kindness, acceptance, and inclusion are all important actions to think about—they have the power to make a difference in your school or community. These qualities can help others feel respected, valued for who they are, and included in the group. Whether it's holding the door for someone, inviting someone new to sit with you, or saying thanks, you can help create a world without bullying one action at a time! Here are some ideas on how to share kindness, acceptance, and inclusion at your school:

- **Include others:** When someone is included, it can help them feel like they are a part of something bigger than themselves. You can include others by noticing if someone is alone at recess and asking if they want to join you, telling someone you're happy they are part of your school, or learning something new about a peer!
- **Show kindness:** Kindness is something we can all give—it's about showing you care about others! One way to share kindness is by creating kindness rocks. Paint messages about kindness, acceptance, and inclusion on rocks. Then, place these rocks around your community or school to share the message with others!
- **Promote acceptance:** We are all unique in our own way and acceptance is about being open to respecting those differences. One way to promote acceptance is by noticing when someone takes longer to do something or does it in a different way. Be patient and helpful, giving them the help they need to accomplish it!

SHARE KINDNESS
+
PROMOTE ACCEPTANCE
+
ENCOURAGE INCLUSION
=
BULLYING PREVENTION





Meet Molly

From PACER's Kids Against Bullying Club Crew

Hi, I'm Molly! I like it when kids have fun together. Sometimes I see kids being picked on, and I feel scared. I want to make it stop, but I don't know what to do. Usually I try to hang around my friends, because together we're amazing!

Make a Difference with Molly

If you see someone being bullied, you may feel scared like Molly, or mad, sad, or helpless. You might wonder what you can do to help. Did you know you're not alone? A lot of kids feel that way about bullying. There are many things you can do to help!

A few ideas include:

- Try reaching out as a friend to someone who has been bullied
- Tell an adult. Remember: telling is NOT tattling, it is done to help someone.
- Ask your school to start a bullying prevention program

Remember this: Even a small act helps make a difference. When kids stand together against bullying, they can make their classroom, their school, where they live, and even the world a better place!

Common Myths About Bullying

There was a time when bullying was actually seen as an acceptable behavior. Here are some of the things people used to say about bullying and the real truth behind these myths.

Myth: "Words will never hurt you."

Truth: Words may not leave bruises or broken bones, but they can leave scars on the inside.

Myth: "Some people deserve to be bullied."

Truth: No one deserves to be hurt or harmed. Everyone deserves to be treated with respect.

Myth: "It's only teasing."

Truth: When it hurts someone and it's done on purpose, it is bullying.

Myth: "Kids will be kids."

Truth: Hurting others is never okay!

The truth is, bullying is never okay!



Meet Carmen

From PACER's Kids Against Bullying Club Crew

Not many people know this, but I have epilepsy. The signals in my brain get mixed up. I take medication so it hardly ever happens anymore. But once it happened at school, and some kids made fun of me. I felt so bad. I don't want anyone to feel that way!

When I see kids picking on other kids, it makes me so mad! Usually I just find some friends and we march right over and say, "Stop it!"

When students are willing to say they think something is wrong, they can make a difference! Let others know that you don't accept bullying at your school and they will be more willing to speak up, too.

Ask Carmen

Carmen is a member of the Kids Against Bullying Club Crew, and she knows a lot about bullying. She gives great advice about bullying to kids around the country, like Jonny. Want to ask Carmen your own question? Visit PACERKidsAgainstBullying.org.

Dear Carmen:

Sometimes I feel like trying to fit in with some friends, but when I do fit in, I bully. How can I stop bullying and keep my friendships?

- Jonny, 5th grade

Dear Jonny:

You should be proud of yourself for admitting that your bullying behavior is wrong; that's not an easy thing to do! The best thing to do is ask for help from an adult you trust, such as a parent, teacher, coach, or counselor. Any adult you feel safe talking to will be able to help you figure out how to resist the pressure from your friends to bully. If you have other friends that don't bully, try asking them for help, too. Your friends can be powerful supporters!

- Carmen

Kids Who Care

Across the country, kids just like you care about bullying prevention and want to make a difference. Check out these inspiring "I Care Because" statements from kids!

Bullying can tear you down. A couple of mean words or a little shove every day may not seem like a lot, but it can really hurt. It's up to us to make the world a better place for everyone.

- Caroline, 12

I care because bullying has a bad outcome for anyone involved, even those who witness bullying.

- Isla, 11

PACER Center
8161 Normandale Blvd.
Minneapolis, MN 55437

 **PACER's
National Bullying Prevention Center**
Together We Can Create a World Without Bullying

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue. PACER offers online resources for parents, schools, teens, and youth, including:

- **PACER.org/Bullying:** A portal page for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, and more.
- **PACERKidsAgainstBullying.org:** A creative and educational website designed for elementary school students to learn about bullying prevention and be inspired to take action.
- **PACERTeensAgainstBullying.org:** A place for middle and high school students to find ways to address bullying, to be heard, and to own an important social cause.

