

PACER Center's  
**KIDS**  
AGAINST BULLYING®

# Classroom Activity Book





# Classroom Activity Book

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 that impacts education, physical and emotional health, and the safety and well-being of students.

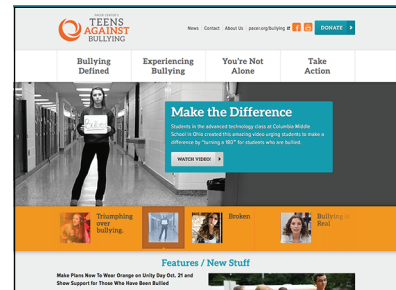
**PACERKidsAgainstBullying:** A creative, innovative and educational website designed for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.



**PACER.org/Bullying:** This is the main page for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, contest ideas, promotional products, and more.



**PACERTeensAgainstBullying:** Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.





# Meet the Club Crew!

**PACER's Kids Against Bullying Club Crew is a group of students, a teacher, and a hamster who all care about bullying prevention. The Club Crew has been in a lot of different bullying situations and now they want to help others!**

**Help the Club Crew fill in their yearbook! Read through each crew member's introduction at the bottom of PACER's Kids Against Bullying homepage to learn more about them. Once you have read their introductions, write each crew member's name underneath their picture!**

**Website: [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org)**



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



# Scavenger Hunt

The Kids Against Bullying website is a great place to learn about bullying prevention and discover ways to take action! It covers topics such as what bullying is, what to do if you are being bullied, and ways to take action if you see bullying.

Explore the Kids Against Bullying website to learn more about this important issue. Then answer the questions below based on what you have learned!

Website: [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org)

How do you know if a behavior is bullying? \_\_\_\_\_

---

---

What defines someone who bullies?

---

---

Write down two things you can do if you see bullying:

1. \_\_\_\_\_

2. \_\_\_\_\_

---

---

What is one way you can join the cause?

---

---

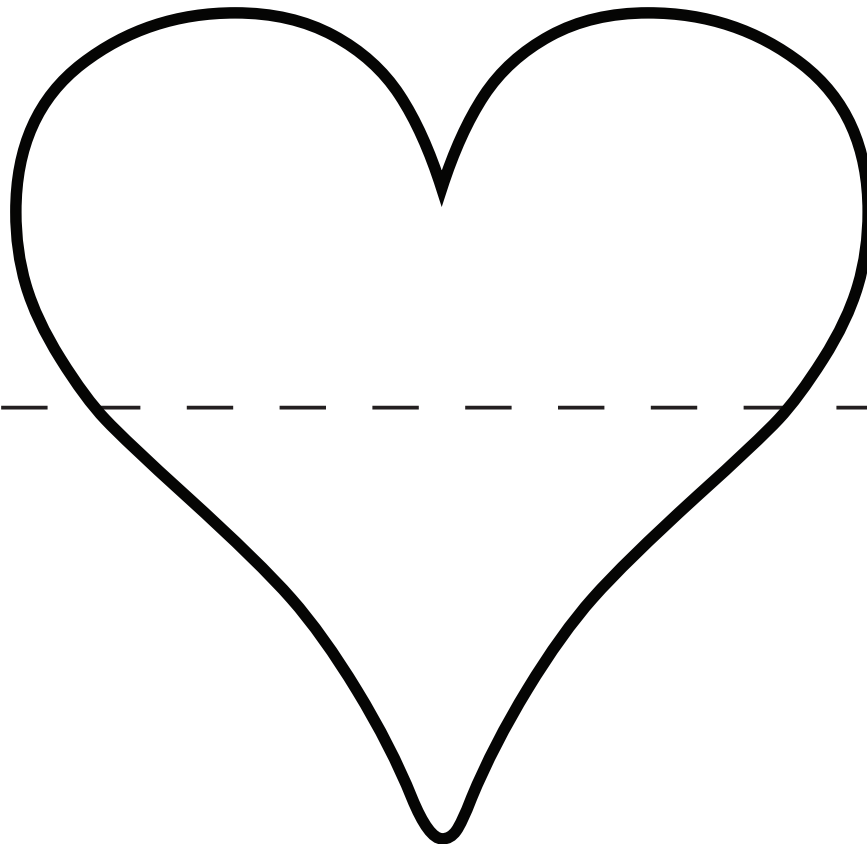


# Thinking About Feelings

**Our words and actions can leave a lasting mark! Kids who are bullied often feel alone – let them know that someone cares!**

**On the top half of the heart, write positive behaviors that make others feel good. This can include ideas to spread kindness, support someone being bullied, and include others.**

**ON the bottom half of the heart, write negative behaviors that may hurt. This can include bullying behaviors or things that might make bullying worse.**



**Behaviors can have a positive or negative effect on friends, classmates, and others. As a Kid Against Bullying, remember to use above the line, positive behaviors, especially if you see someone experiencing bullying!**



# What Would Pip Do?

Before joining the Kids Against Bullying Club Crew, Pip lived in a pet shop with about a gazillion other hamsters. He was the littlest one, and was often teased and called names. After experiencing bullying, Pip now speaks up against bullying! He knows it's important to reach out to those being bullied and be a friend.

Imagine you saw a classmate that was being bullied by another student. What could you do to help? Think about what Pip might do or say when answering the questions below. He even shared a few examples to help you get started!

## Is...

(What is a helpful action?)  
Speaking up

## Looks like...

(What would you do?)  
Invite them to sit with you at lunch

Supporting someone being bullied...

## Sounds like...

(What would you say?)  
I'm here for you!

## Is not...

(What is something that makes the situation worse?)  
Joining in with the bullying



# K.I.N.D.N.E.S.S

## Poem

Kindness is something that everyone can share – and it makes a difference! Write a word or line of poetry that starts with each letter in the word **KINDNESS**. It can be about helping others, making a difference, or being a good classmate.

**K**

---

**I**

---

**N**

---

**D**

---

**N**

---

**E**

---

**S**

---

**S**

---



# Take the Pledge

---

**I am a Kid Against Bullying!  
And I will:**

**SPEAK UP**  
when I see bullying

**REACH OUT**  
to others who are bullied

**BE A FRIEND**  
whenever I see bullying

