



# SPEAK UP ABOUT SPEAKING UP!

## *A How-To Kit About Helping Yourself and Others*

PACER's National Bullying Prevention Center **SPEAK UP ABOUT SPEAKING UP** kit includes free-to-download resources that can be used by educators, counselors, and other adults year-round to teach self-advocacy and advocacy at any grade level.

### Why are self-advocacy and advocacy important skills for youth?

All children should know that they have the ability to create positive change in their world. Children who actively participate in learning self-advocacy skills are better prepared to resolve problems themselves and understand when a problem requires adult help.

#### SELF-ADVOCACY

COMMUNICATING  
WHAT YOU NEED

#### ADVOCACY

HELPING OTHERS GET  
WHAT THEY NEED

Self-advocacy does not mean that a student must handle a problem on their own. Students should learn to assert their right to safety when they feel that they themselves or someone else is being hurt or harmed and they need help.

They should know that they have the right to tell an adult, and to know which adult they should speak to when they need help. The message to all children should be:

- You are not alone
- You and I are going to make a plan so that this situation gets better and
- We're going to work together to make sure this doesn't happen again.

### The kit is designed to:

- Engage participants to know:
  - When to **SPEAK UP** for themselves and others
  - How to **SPEAK UP** effectively
  - Which situations require **SPEAKING UP** to an adult
- Include both elementary and middle/high school age resources so all youth can develop the lifelong, essential skills of advocating for themselves and others:
  - Educator guide
  - Lesson plans
  - Student action plan
  - Activity guide
  - Additional resources
- Be used year-round:
  - In the classroom
  - With a team, club, or community group
  - In an afterschool program
  - During National Bullying Prevention Month in October



PACER's  
**National Bullying Prevention Center.**  
[pacer.org/bullying](http://pacer.org/bullying)