

National Bullying Prevention Month

STUDENT ACTIVITY KIT

A four-week guide for K-12 learners

Throughout October, use this four-week activity kit in K-12 classrooms or other youth settings. The kit features theme weeks, classroom projects, and student engagement to promote kindness, acceptance, and inclusion to prevent bullying.

Organize the materials:

- Provide everyone with a [student activity book](#); download and print, or share digitally.
- Create a bulletin board or order posters to showcase the weekly themes and group projects.

EXPLORE

Learn how kindness, acceptance, and inclusion can help prevent bullying.



Action Items: Show the bullying prevention slideshow and provide the follow-up quizzes for [elementary](#) or [middle and high school](#) students.

Student Activity Book:

- Page 2: Provide an overview of National Bullying Prevention Month along with the weekly themes.
- Page 3: Define kindness, acceptance, inclusion, and unity using words, art, or music.
- Page 4: Encourage youth to write down acts of kindness, acceptance, and inclusion that they see and where they see them happen. Note: This can be done throughout the month.

Classroom Posters: As a group define—using content from the page 3 exercise in the student activity book—unity, kindness, acceptance, and inclusion using words, art, or music.

PLAN

Record ideas for wearing and sharing orange on Unity Day.



Action Items: Review the Unity Day Guide, as well as the supplemental guide for virtual activation. Then, think through ideas for wearing and sharing orange, such as group projects, art, and other activities.

Student Activity Book:

- Page 5: Encourage youth to think through and write down their ideas for participating in Unity Day.

Classroom Posters: As a group record ideas—using content from the page 5 exercise in the student activity book—to **GO ORANGE** for Unity Day. As a group, decide which activities you'd like to implement for Unity Day (week three).

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CELEBRATE

Gather in-person or online on Unity Day to share your efforts and show your commitment.



Action Items: Engage in your planned activities from week two.

Student Activity Book:

- Page 6: Complete one or more of the acrostic templates.

Classroom Posters: Invite everyone to add their own custom mark, such as an emoji, picture, thumbprint, or signature.

REFLECT

Determine ways to continue creating a kinder, more inclusive, and more accepting world all year.



Action Items: Ask students to share something they learned during National Bullying Prevention Month.

Student Activity Book:

- Page 7: Encourage youth to complete the personal reflection about actions taken during the month and determine steps they can take throughout the year.
- Page 8: Take the Create a World Without Bullying Pledge.

Classroom Posters: As a group record ideas—using content from the page 7 exercise in the student activity book—for continuing bullying prevention efforts throughout the year.



PACER's
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