

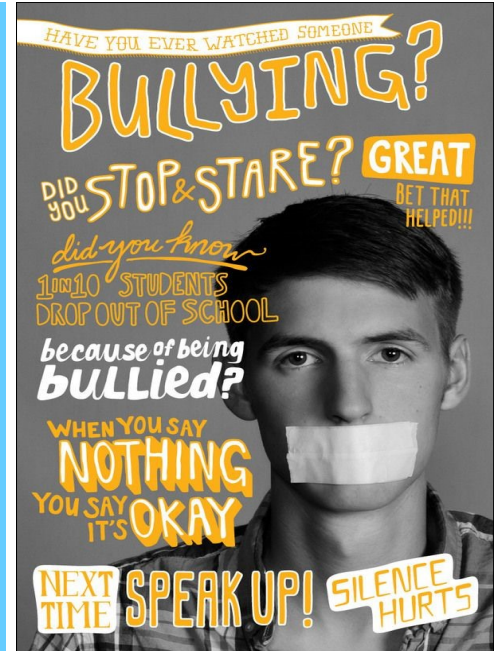
Bully– Free Zones

- 1 in 7 students in grades K-12 are either a bully or have been a victim of bullying.
- 6 out of 10 teenagers say they witness bullying in school once a day.
- 1 out of every 10 students who drop out of school does so because of repeated incidents of bullying.
- When bystanders intervene, bullying stops within 10 seconds 57% of the time.

Bullying and cyberbullying are two of the most destructive problems in every school in the United States. Bullying does not discriminate by gender, race or status. Whether a student is being bullied, participating in bullying or is a bystander who watches as incidents occur, the devastating effects of bullying take away the ability to learn in an environment of safety and respect.

If you see someone who is struggling to make friends or being bullied because they are different, Step Up and create a Bully– Free Zone.

- * Say “Hi” or smile at someone in the hallway.
- * Talk to someone in your class that you have never spoken with before.
- * Join your school’s anti-bullying club, if you don’t have one, start one!



Georgia teen creates ‘kindness’ campaign to honor mom

A Georgia teenager is channeling the loss of a parent in a remarkable way– creating an “Acts of Kindness Over Violence” campaign.

Fourteen-year-old Emmanuel Hawkins has trouble speaking due to complications during birth. He has grown up without his mother’s care.

“I want the violence to stop and I don’t want anyone else to die,” he told the news.

His mother may be gone, but she shaped who he is: kind, giving and open.

Emmanuel wants to show that there are good people in the world, so he’s “pedaling” that message in his “Acts of Kindness Over Violence” campaign.

“It’s a way to honor my mom,” he said.

He and his grandmother are giving 18 bicycles to random strangers. They began their labor of love at a Walmart in DeKalb County on Saturday, November 3rd.



Treat Everyone with Respect:

Nobody should be mean to others.



- ◆ Stop and think before you say or do something that could hurt someone.
- ◆ If you feel like being mean to someone, find something else to do. Play a game, watch TV, or talk to a friend.
 - ◆ Talk to an adult you trust. They can help you find ways to be nicer to others.
 - ◆ Keep in mind that everyone is different. Not better or worse. Just different.
- ◆ If you think you have bullied someone in the past, apologize. Everyone feels better.

*http://www.stopbullying.gov/kids/what-you-can-do/index.html



National No One Eats Alone™ Day

February 15, 2019

#NoOneEatsAlone Day teaches everyone how to make friends at lunch, often the most difficult part of the school day.

[Sign Up Here!](#)

Beyond Differences empowers students to end social isolation in middle school through online and on campus programs. We want to ensure that every child in middle school feel accepted, included and valued by their peers no matter what their differences.

No One Eats Alone Tips

- Create a planning group (this event is meant to be student led)
- Determine a lunchtime activity– check out beyonddifferences.org for their activity guide
- Make it festive (consider having a theme and decorate accordingly)
- Publicize the event– make sure everyone in your school and community knows about this great event!
- Capture the day– make sure to take photos of the fun
- Most importantly– have fun!

**Unless someone like you
cares a whole awful lot,
Nothing is going to get better.
It's not.**

–Dr. Seuss, The Lorax

