



STUDENT CHECKLIST

What You Need to Know – Assess – **STEP 1**

We all must ensure we know the TRUE meaning of bullying.
(Please reference scenario on the next page)

What You Need to Know – Connect – **STEP 2**

Be the change you would like to see in your home, school and community. Get comfortable speaking openly about your day with your parent or guardian, while ensuring communication is being done calmly & respectfully. Staying calm & being respectful during interaction with peers is difficult, but it's powerful, even when they are being disrespectful. This will create a healthy form of communication, build character, and resilience.

If you don't have a parent or guardian, email Be Strong @ info@bestrong.global



ACTION STEP

Watch the **Be Strong Documentary**, an informing and entertaining 45-minute video that provides useful resiliency tools and examples of students who have overcome. This will equip and encourage you to be the hero of your own story.

FREE Be Strong Documentary:

<https://bestrong.global/event/strong-documentary-national-screening-102617-830am/>

What's at Your Fingertips? – Intervention – **STEP 3**

ACTION STEP - Download the *Be Strong App* - The Be Strong App empowers you and your friends to quickly access: information related to bullying/resiliency, free/near-free service providers in or near your zip code, and intervention tools for those affected by bullying or depression. The App includes one-touch access to a suicide hotline, text help line, and trusted friend text alert. Even if you or your friends are not challenged by issues such as hunger, housing, escaping violence, or other social issues, you may know someone who is. Tell those in need about the App or use the App to help locate the services they need.



We are Stronger Together

Download the FREE Be Strong app TODAY!



What's Your Power? – Strengthen – **STEP 4**

ACTION STEP - The power lies in your voice. Get nominated by a teacher, administrator, or civic leader to become a **Be Strong Student State Representative**. Once you become a Rep, you will be part of a fearless group of leaders who inspire hope and positive change. As a *Be Strong State Rep* you will be an agent of change in your school culture as you address monthly challenges in four key areas: **resiliency training, acts of kindness, bullying awareness, and advocacy**. This is a free program.

How to Become a Champion of Change – **STEP 5**

ACTION STEP - Request your school leadership or PTA to hold an assembly to watch the Be Strong Documentary. The Documentary teaches relevant lessons on resiliency and creates a school-wide discussion on issues related to bullying while providing a safe place for students to get help. Also, sign up for our newsletter, the "Monthly Guide to Resilience," that addresses issues relevant to you.

How to Create Change – Implement – **STEP 6**

ACTION STEP - Encourage your principal to use social emotional learning tools to teach resiliency. Be Strong offers a free Resiliency Training Program for schools and nonprofits. For more information email: info@bestrong.global.

For more information on how to host an assembly please call: 954.246.5852

For more information: bestrong.global

WHAT IS BULLYING?

Unfortunately, there is not a universally accepted definition of bullying; however, it is widely agreed that bullying involves aggressive behavior by one or more parties toward one or more parties that is characterized by the following three minimum criteria: (1) hostile intent, (2) a real or perceived imbalance of power, and (3) repetition over time.

The example below provides an example of NON-Bullying scenario.

Scenario: (NON- Bullying)

- Target:** "... a girl at school today told me I'm ugly."
Support: "Is this the first time she's made fun of you?"
Target: "Yes! And I feel really sad because she is bullying me."
Support: "This is not the meaning of bullying. Someone saying you're ugly once or twice in passing is not a case of bullying".

REFERENCE THE DEFINITION

- Target:** "Oh, well what is it?"
Support: "It's someone's opinion – you will always face people's opinions. What you need to understand is that an opinion doesn't define you."

NEXT STEPS – YOUR CHECK LIST

The example below is an example of BULLYING in action.

Scenario: (BULLYING in action)

- Target:** "... every day at lunch the same boy comes over to my table to make fun of my clothes and calls me ugly."
Support: "Is this the first time he's made fun of you?"
Target: "No it's not! ... He does it every day and the other kids are laughing at me!"
Support: "How long has this been going on?"
Target: "It's been going on for over a month now!"
Support: "The fact that he teases you every day and it's consistent, this is definitely the case, you're being targeted and being bullied."
Target: "I thought so."
Support: "I'd like to help you learn how to be able to have resolution yourself..."
Target: "Me too, but how?"

NEXT STEPS – YOUR CHECK LIST



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