Empowered
Bullying Prevention program for 3rd-5th grade

Students have great power to make a positive difference in the world around them! In this program, students learn the power of perspective, words and actions for working together to stop bullying at their schools. This program is designed to reach their hearts and minds with real-life stories and strong illustrations to turn them from bullying to being “up-standers”.

Program Outline for a One-Hour Presentation
Portions of the program will be omitted if less than one hour.

See the Bigger Picture
Through object lessons, students learn how difficult it is to understand the pain others experience without seeing the bigger picture.
Through heartfelt stories, students are challenged to step back and look at the bigger picture of those students who have been bullied. These all show the power of perspective.

Bullying
Students learn the power of words as a definition of bullying is given.
Bullying can be different for boys and girls- boys can be more physical, girls can be more emotional and verbal.
Bullying has a negative impact on the physical, mental and emotional health of all involved.

Cyberbullying
Cyberbullying uses today’s technology to send messages that can be stronger and last longer than spoken words.
Warning: According to the FBI, what you send can be retrieved. A “phone tree” shows how far texts and posts can be sent.
Students learn steps to take if they become a target of cyberbullying.

You are not alone
Students hear true stories of famous people who were once bullied but overcame their challenges to be successful.
“Never Ever Have I” – Game illustrating that everyone can understand what it feels like to be bullied.

How to Stop Bullying- Become an Up-stander
Transform Bystanders into Up-standers- this is the power of actions.
Don’t be the audience. Report what’s happening. This isn’t tattling – it’s getting help.
Be assertive and tell the person to stop.

Radical Acts of Kindness
Radical acts of kindness are deliberate and directed- for a specific purpose and person.
Students are challenged to live their lives in a way that others will be glad they are in the school.
“Toe My Own Horn” – Students are broken into two teams and play an interactive game to review the points illustrated throughout the program.

Survey
A voluntary, anonymous survey is offered at the conclusion.
Aim for Success sends the survey results and student comments back to the school.