

3R Anti-Bullying Toolkit

Recognize • Respond • Reach Out

By Acts Against Bullying – End Bullying, Empower Kindness

---

1. What Is Bullying?

Bullying is when someone repeatedly hurts, scares, or excludes another person on purpose and there is a power imbalance (age, size, popularity, group vs. one person).

Types of bullying

- Physical: hitting, kicking, pushing, tripping, damaging belongings
- Verbal: name-calling, teasing, threats, cruel jokes
- Social/relational: spreading rumors, leaving someone out on purpose, embarrassing them in public
- Cyberbullying: mean messages, posts, or images shared online or by phone

Bullying vs. normal conflict

- Conflict: people disagree, but power is more equal and both sides feel heard.
- Bullying: one side has more power, it happens again and again, and it is meant to hurt.

---

2. Recognize – Spot the Signs

Signs a child or teen might be bullied

- Unexplained injuries or damaged/missing belongings
- Headaches, stomachaches, not wanting to go to school or activities
- Sudden changes in friends, mood, or grades
- Trouble sleeping, nightmares, or changes in eating
- Avoiding their phone or social media – or checking it anxiously

Quick self-check (for kids/teens)

Circle Yes or No:

1. Do people often call me names or make fun of me on purpose? Yes / No
2. Do I feel scared to go to school or certain places? Yes / No
3. Do I feel like a group is always against me? Yes / No
4. Do I get mean messages or posts online more than once? Yes / No
5. Do I feel alone and like no one would believe me? Yes / No

If you circled Yes more than once, talk to a trusted adult. You deserve to feel safe.

---

3. Respond – Safe Ways to Act

For kids and teens

- Stay calm if you can. Take a breath, stand tall, look away.
- Use clear words.
    - “Stop. That’s not okay.”
    - “I don’t like that. Leave me alone.”
- Walk away to safety. Go toward a teacher, coach, or group of friends.
- Don’t fight back physically. It can make things worse or unsafe.
- Save evidence of cyberbullying. Take screenshots and show an adult.

For parents and caregivers

- Listen calmly. Believe your child. Thank them for telling you.
- Avoid blaming. Focus on safety, not on what they “should have done.”
- Document. Write down dates, times, places, and what happened.
- Contact the school. Ask about their anti-bullying policy and next steps.
- Watch for changes. Keep checking in about feelings and safety.

For teachers and school staff

- Intervene quickly and calmly. Separate students; don’t ask for apologies on the spot.
- Support the target first. Let them know you saw what happened and it’s not okay.
- Follow school policy. Report, document, and involve counselors/administration.
- Teach bystanders. Encourage students to speak up, get help, and include others.

---

4. Reach Out – No One Stands Alone

Trusted adults kids/teens can talk to

- Parent or caregiver
- Teacher or school counselor
- Coach, youth leader, or faith leader
- School nurse or mental health professional

Write three trusted adults you can talk to:

1.
2.
3.

Friends can help by:

- Sitting with someone who is alone
- Saying, “That’s not okay, let’s go,” and leaving with them
- Telling an adult what they saw
- Sending a kind message after they see something hurtful online

---

5. Kindness in Action – 7-Day Challenge

Use this as a family, class, or youth group.

Day 1: Say something kind to three different people.

Day 2: Invite someone new to sit with you or join your group.

Day 3: Write a short note or message of encouragement to someone.

Day 4: Stand up (safely) if you see unkind behavior – or tell an adult.

Day 5: Share one positive post online that spreads kindness.

Day 6: Do a secret act of kindness for someone at school or work.

Day 7: Talk with your family/class about what you learned this week.

Space to reflect:

- The kindest thing someone did for me this week:

  _____

- One way I helped someone feel included:

  _____

---

6. School & Community Action Ideas

For schools

- Create a student kindness or anti-bullying club.
- Hold an Acts Against Bullying Day with assemblies and activities.
- Add anonymous reporting options for students.
- Include anti-bullying lessons in health, social-emotional learning, or advisory.

For families

- Have regular “check-in” talks about school and friendships.
- Set clear rules about online behavior and screen time.
- Model kindness in how adults talk about others.

For communities

- Partner with local organizations to host anti-bullying events.
- Share hotline numbers and support resources in newsletters and social media.
- Invite speakers or workshops from anti-bullying groups.

---

7. If You Need Help Now

If someone is in immediate danger, call your local emergency number.
If you or someone you know is thinking about self-harm or suicide, contact a trusted crisis line in your country (for example, a national suicide or youth helpline).
Write down important numbers here:

- Local emergency number: **(330) 452-6000**
- School office:
- Counselor or therapist: Resolution of Discrimination/Harassment Complaints - Equal Opportunity & Access (CA Dept of Education)

---

8. About Acts Against Bullying

Acts Against Bullying is an activist movement dedicated to ending bullying and empowering kindness in schools, families, and communities.

- Website: Bullying Prevention Support | Acts Against Bullyin Online
- Email: actsagaintsbullying@gmail.com
- Social media: https://open.spotify.com/show/71DfLDBnoaNSqLhSxsnm6y?si=e284d0a4af4141c0

Together, we can end bullying and build a culture of courage and kindness.