



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** to get informed and prepared for next best steps – you'll learn from fellow students and even hear from some of your favorite entertainers/influencers!

FREE Be Strong Documentary:

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

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

Download the **Be Strong App** - The Be Strong app unites power with choice that saves & changes lives. You'll find resources, support, and intervention for those who are affected by bullying, depression, or suicide and best practices on combatting many adversities. We know this generation is facing issues and disadvantages that result in bullying and we want to help. If you have friends who are struggling with hunger, housing, escaping violence and much more, sit down with them and put your zip code in the local support section of the app – Help is at your fingertips, including one-touch resources, such as suicide lifeline, text help line, and trusted friend alert.

Request information cards for your school: info@bestrong.global



We are Stronger Together

Download the FREE Be Strong app TODAY!



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

The power lies in your VOICE. Get nominated by an educator, civic leader, or non-profit leader to become a **Be Strong Student State Representative**. Once in the program, you'll join a national group of FEARLESS leaders – fellow students to inspire hope and change within yourself and among your peers. Strengthen, through acts of kindness, resiliency training, awareness & advocacy. Participate in annual meetings and quarterly meetings with their fellow region leaders – YOUR VOICE MATTERS!

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

Speak with your school leadership or PTA to have an assembly at your school to watch the Be Strong Documentary. Keep up-to-date on Be Strong's event, to help raise awareness and continued support to create a school wide discussion and safe place for other students to connect to help, create accountability and momentum. Sign-up for our newsletter, a "Monthly Guide to Resilience."

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

ACTION STEP - Use SEL (Social Emotional Learning) tools to teach your entire school resiliency. Learn more about Be Strong's high-impact "Resiliency Curriculum" that is available to schools, non-profits, companies and religious groups. For more information on the curriculum 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?

Bullying is defined as an individual using consistent or reoccurring behavior, i.e., teasing, name calling, or physically (poking, pushing, etc.) to intimidate someone. The intent of these actions is to force the individual to do what you would want them to do.

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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