

Bullying Awareness Resource Menu

Overview



Bullying Awareness Month

October is [National Bullying Awareness Month](#), a month-long event to prevent childhood bullying and promote kindness, acceptance, and inclusion. Recent studies have found that around 20% of children between the ages of 12 to 18 experienced bullying. [Children with disabilities are 2 to 3 times more likely to be bullied](#) than their peers without disabilities.

Special Olympics aims to end bullying and discrimination of people with intellectual disabilities through the [Special Olympics Unified Champion Schools®](#) (UCS) program.

Resource Menu Goal

Each activity introduces a [powerful skill youth need to help prevent bullying](#). The goal is for students to learn the importance of the skill and then dive deeper with engaging [videos](#), informational [tutorials](#), and scenario-based [lessons](#).

[Model the skill](#) as much as possible and encourage your students to apply what they've learned in their day-to-day life. Discuss how these skills are helping make your class and school a more inclusive place for all!

Be sure to check out the [Spread the Word page](#) to discover more about bullying prevention towards people with intellectual disabilities.

Directions

1. Select your [grade level](#).
2. Review the skill and activity. [Plan](#) a time to embed it into your schedule.
3. [Present](#) the skill and the definition to your students.
4. [Complete](#) the activity. Ideas include:
 - Small or large group instruction
 - Morning, circle, or advisory time
 - During extra class time
 - Social group instruction
 - Club or lunch meetings
 - Whole-school video announcements
5. [Repeat](#) through the month of October!

Bullying Awareness Resource Menu

Lower Elementary School



Activity 1: Understand Differences

When we respect differences we can be kind. Everyone can feel they belong.

[GoNoodle x Special Olympics](#)

🕒 5 minutes

Log in to the Special Olympics Unified Champion Schools® channel Every Body All Together to watch [You're Invited](#), a fun video about differences.

Activity 2: Empathy

We think about our actions when we understand how others are feeling.

[GoNoodle x Special Olympics](#)

🕒 5 minutes

Log in to the Special Olympics Unified Champion Schools® channel Every Body All Together to watch [How Do You Feel?](#), a brain-break video about emotions.

Activity 3: Appreciation

Be thankful for others and what they can do.

[Appreciation Poster](#)

🕒 10-20 minutes

Students color a banner for someone they appreciate! They can write a paragraph sharing why they chose the person. Have them deliver their sign, or hang them in your classroom.

Activity 4: Speak Up

Keep your school safe. Tell an adult you trust if you see something bad.

[GoNoodle x Special Olympics](#)

🕒 5 minutes

Log in to the Special Olympics Unified Champion Schools® channel Every Body All Together to watch [Raise Your Voice](#), a video that helps students use their voice while moving to the beat!

Activity 5: Kindness

Acting with kindness will make you and others feel happy and proud.

[Kind Words](#)

🕒 10-20 minutes

Students review the importance of using kind words to others. They look at pictures and use kind words to build thoughtful sentences. After, they can practice with a classmate.

Bullying Awareness Resource Menu

Upper Elementary School



Activity 1: Understand Differences

When we respect differences we can be kind. Everyone can feel they belong.

What is ID?

🕒 10-25 minutes

Many students are recognizing differences in others. This lesson acknowledges what they might notice and focuses on what people with disabilities can do.

Activity 2: Empathy

We think about our actions when we understand how others are feeling.

Belonging or Not Belonging?

🕒 5 minutes

Students look at pictures and think about how people are feeling in inclusive and exclusive scenarios. Chunk it up and complete 1 a day during morning meetings!

Activity 3: Appreciation

Be thankful for others and what they can do.

Showing Appreciation

🕒 5-10 minutes

Students read scenarios and practice acknowledging and appreciating others. Chunk it up and complete 1 a day during morning meetings!

Activity 4: Speak Up

Keep your school safe. Tell an adult you trust if you see something bad.

Say Something!

🕒 5 minutes

Students listen to a read aloud of Say Something! to learn how to speak up. They share what they would do in 3 different situations. Complete during circle time or a reading period.

Activity 5: Kindness

Acting with kindness will make you and others feel happy and proud.

The Power of Kindness

🕒 10-20 minutes

Students learn how their words can help people, and even plants, grow! They can practice helping someone grow by writing kind words in flower petals.

Bullying Awareness Resource Menu

Middle and High School



Activity 1: Understand Differences

When we respect differences we can be kind. Everyone can feel they belong.

Unified Talks: What is IDD?

🕒 5 minutes

This video breaks down the facts of Intellectual and Developmental Disabilities (IDD) helping students understand what those with IDD can do. Watch during advisory!

Activity 2: Empathy

We think about our actions when we understand how others are feeling.

Be an Inclusive Leader: Empathy

🕒 5-15 minutes

Students learn the importance of thinking about how others may feel in different situations. They can practice this skill by completing the activity. Press play during advisory or the start of class.

Activity 3: Appreciation

Be thankful for others and what they can do.

Appreciate Inclusion

🕒 10-25 minutes

Students read 3 scenarios and come up with actions a character can take to become more accepting and appreciative towards classmates with ID. This is great for small group work!

Activity 4: Advocate

Keep your school safe. Step in and speak up if you see something harmful.

Lead with Courageous Action

🕒 5 minutes

Students learn how they can develop the courage to take action, even when it feels uncomfortable. The scenario-based activity can help them plan out how to practice this skill.

Activity 5: Kindness

Acting with kindness will make you and others feel happy and proud.

The Power of Kindness

🕒 10-25 minutes

Students watch a video and read scientific facts to discover how using kind words can create a sense of belonging. Complete during advisory or as a break during class.