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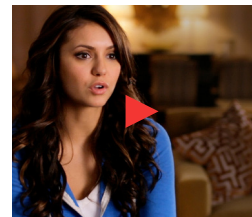
# THE WEEKLY STAND

The Weekly Stand is a simple way for you to take the power out of bullying, week by week. We've created 52 actions that you can complete throughout the year to help reduce bullying, shift the culture, and make a positive impact on the people around you.

We've put these actions in a recommended order, but you should feel free to go in whatever order you'd like! Many of the actions work best in school settings, and you can adapt them for your workplace or any social environment as needed. Good luck!

## WEEK 1 MORNING BOOST

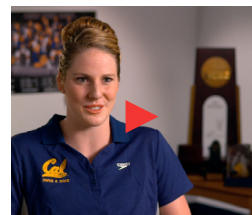
Starting the day with a positive mindset can impact everything else that follows. In fact, how you feel in the morning can set the tone for the rest of the day.<sup>1</sup> Help your friends get off on the right foot by texting something positive to a different person first thing every morning this week. You could say, "Hey! Just wanted to let you know how much you mean to me. I don't think I say it enough," or "Here's a random reminder that you're AWESOME and you're gonna crush it today!" Just think about what you would want to hear if you were them, type, and send!



Listen to how a small positive comment completely turned actress Nina Dobrev's day around when she was in school.

## WEEK 2 EXPAND YOUR CIRCLE

You'll never know what kinds of friendships you're missing out on if you never look outside your circle of friends.<sup>2</sup> As C.S. Lewis put it, "Friendship is born at that moment when one person says to another: 'What! You too? I thought I was the only one.'" This week, try reaching out to the kid in your class you've known for a while but have never spent time with. Ask them if they want to get a slice of pizza or some ice cream after school one day this week. Best case scenario, you'll make a new best friend. Worst case scenario, you'll get to eat pizza or ice cream. You really can't lose :)



For more on making friends outside your regular friend group, hear from Olympic gold medalist Missy Franklin.

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## WEEK 3 SHIFT THE FOCUS

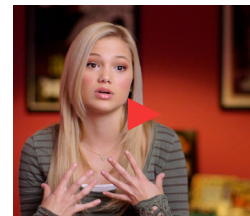
According to one study, more than half of bullying situations stop when a peer intervenes on behalf of the student being bullied.<sup>3</sup> While in some situations the best and safest way to help will be to find an adult to intervene, in others it may only take the smallest interruption to shift the focus from bullying to a different subject. This week, look for a safe opportunity to speak up when someone is being treated unkindly with a small comment like, “That’s not cool,” or “I don’t think he wants you to call him that,” or “This is silly, don’t we have something better to do?” We bet you’ll be surprised by the results.



Find out what simple thing one bystander did to help author John Green when he was in middle school.

## WEEK 4 NEED A HUG?

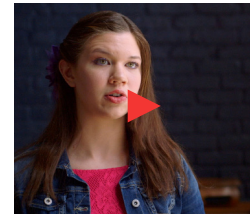
Hugs are a simple, quick way to lift someone’s mood.<sup>4</sup> Give a hug to a different friend each day this week. It’s easy and can help them feel appreciated. You can try saying, “Hey, can I give you a hug? You look like you could use one,” or “Get in here!” Chances are, others will want to join the challenge, too.



For more on why a small act of kindness can be so impactful, check out this video from actress Olivia Holt.

## WEEK 5 PARTNER UP

How often have you been doing group work in a class and noticed someone working alone? Working in groups can be exciting, but often we don’t realize that it’s not so easy for some people. This week, when a teacher asks you to pick a group, instead of jumping to work with a friend or your normal group, keep your eyes open and work with someone you haven’t partnered with before. You could say, “Hey, I noticed you don’t have a partner. Want to work with me?” or “We could really use some help with this. Want to join our group?” This simple act of inclusion could make a huge impact on that person, and you might even make a new friend. You won’t know unless you make the effort!



For more on why it’s important to make an effort to include others, listen to this story from high school student Kathryn.

## WEEK 6 YOU IN FIVE YEARS

If you’re dealing with bullying, focusing on your future can be a great way to make it through. When thinking about who you want to be in the future, it can help to remember how far you’ve come. Find a photo of yourself from 10 years ago, 5 years ago, and now. Put them in a row and try to list all of the things that changed in your life and personality at each interval. What did you learn? When did you feel most triumphant? What did you struggle with? Now imagine yourself 5 years from now. What do you hope to accomplish? How do you hope to continue growing?

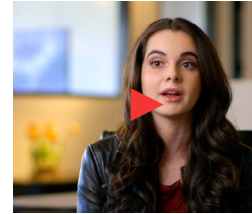


For inspiration, hear from author and screenwriter Neil Gaiman on how life changes as you get older.

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## WEEK 7 LEAN ON ME

Be someone's support system. You can't fix everything, but you can make things easier by lending an ear or a shoulder. If you have a friend who has been feeling down recently, pick one time this week to sit with them and offer your support. You can try phrases like, "I'm here for you," or "I'm here if you want to talk, but you don't have to share if you don't feel like it." Even if no words are exchanged, your gesture of support will help your friend know they're not alone.



For more tips, check out this video from actress Vanessa Marano on how much a friend's support can mean to someone.

## WEEK 8 GET HELP

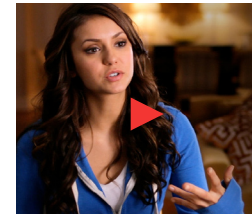
According to a 2010 study, only 36% of students who were bullied reported it.<sup>5</sup> Let's get that number higher! If you have a friend who is going through a tough time and you aren't sure what to do, try getting support from a guidance counselor or another trusted adult this week to figure out the best way to get them the help they need. You can try asking, "Can I talk to you for a second? I need advice figuring out how to help my friend," or "My friend is going through a tough time and I don't know what to do. Can you help me out?" If you're not sure who to talk to, you can always contact one of the resources on our [help page](#).



For more advice on the importance of getting help from trusted adults, check out this video from director and choreographer Kenny Ortega.

## WEEK 9 BE BOLD

Have you ever met someone who is so confident in themselves, they inspire you to be the same? This week is your chance to be that person for those around you by embracing your differences in a bold and daring way. Need ideas? Maybe pick out that weird sweater you love but have always been hesitant about and finally wear it to school. Or tell your friends about the comic book collection you were too nervous to share—and do it proudly! Just remember that your act of boldness is ultimately about you and the example you want to set—not about the reactions you may or may not receive.



Hear from actress Nina Dobrev about why being different is so great.

## WEEK 10 BUILD 'EM UP

Giving a compliment is an easy way to let someone know that you've noticed their hard work, and genuine compliments always feel great.<sup>6</sup> Give someone a genuine, thoughtful compliment each day this week to show that you value their contributions. If someone gives a presentation or makes an insightful comment in class, you can say something like, "Hey, I totally agree with what you said, great point!" or "You killed that presentation!" or "Hey, really good job with \_\_\_\_." Just paying attention to someone can be really powerful. BONUS: It can be even more powerful if you give a compliment in front of others, so they can recognize the person's positive qualities, too. If you have an opportunity to build someone up in a group, do it!



Hear from singer/songwriter Amanda Palmer how acknowledging someone and lifting them up could even save their life.

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## WEEK 11 GET INFORMED

One 2012 study found that more than one third of adolescents who were harassed in school reported that it was motivated by bias.<sup>7</sup> This week, we challenge you to push back against bias by being curious about what you don't understand. Get informed by finding out about the culture or customs of one specific person this week. You could watch a documentary or spend just 15 minutes researching on Wikipedia. If there is a cuisine associated with the culture you research, you could even try that too! Remember to share what you learn with your friends and family so they can also get informed.



For more on the importance of learning about cultures or customs other than yours, check out this video from high school student Anmol.

## WEEK 12 UNITE ONLINE

Uniting with others doesn't just help defuse bullying in the real world; it can do wonders online too. If you see someone being targeted by a lot of people online or you know someone at the center of a widespread rumor, lead the charge in uniting others to help that person out. You can get your friends to post positive comments on that person's wall or you may consider encouraging a group of people to change their Facebook profile pictures to show solidarity. Use your judgment to discern what would be appropriate. If those ideas don't work, you can always organize your friends to send private messages of support.



Check out this video from high school student Bella about what one soccer player did to rally her school behind a teammate who was having a tough time.

## WEEK 13 LUNCH BUDDIES

The lunchroom can be a hot spot for bullying and exclusion.<sup>8</sup> How many times have you walked by someone who was sitting alone during lunch and just gone to your regular spot? At least once this week, ask someone who is sitting alone during lunch if they want company. You can try phrases like, "Hey, can I sit with you?" or "Hey, you wanna come sit with my friends today?" It's such a small gesture, and it could make someone's day. That's what you call a "no-brainer."



For more on the power of sitting next to someone, check out this video from auto racing driver Danica Patrick.

## WEEK 14 QUESTION IT

It can be hard to know how to react if a friend makes sexist comments. According to a 2006 survey in the UK, 20% of kids ages 10–13 experienced bullying that was sexist, sexual, or transphobic in nature.<sup>9</sup> If a friend makes a sexist remark, make a point this week of approaching them later to explain how what they said wasn't cool. You can try phrases like, "Hey man, what you said back there, I don't think you meant it, but it was pretty offensive to women," or "Why are we calling him girly? Is that supposed to be an insult? Girls are cool." It might cause them to look at things in a new way, and help them avoid making the same mistake in the future.



Check out this story from high school student Paris about a time she confronted someone for making rude comments.

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## WEEK 15 POSITIVELY POSITIVE

Performing acts of kindness for others can make you happier, too.<sup>10</sup> So go out of your way to be positive this week! Pick one activity to do repeatedly, and see what impact it has. You could try saying “hi” to everyone you pass in the hall, opening the door for whoever is behind you, or posting positive comments on your friends’ walls. Just get out there and spread good vibes!



Hear some thoughts on easy ways to help from auto racing driver Danica Patrick.

## WEEK 16 I AM WORTH IT BECAUSE...

Clearly defining your identity and values can help raise your self-esteem and make it harder for others to pull you down.<sup>11</sup> If you’re being bullied or trying to encourage someone else who is, we challenge you to “define your own self-worth.” Write a list of things you value about yourself and start each line with, “I am worth it because...” They can be big or little things. If you pair up with a friend, you can help each other brainstorm.



Find out from actress Salma Hayek why it’s important to find value from within and not let others define you.

## WEEK 17 SURPRISE A FRIEND

Doing something nice and surprising for someone who’s been bullied can go a long way to reduce the effects of bullying. According to a 2015 study, researchers found that surprises do more to make us happy than pleasant events we expect.<sup>12</sup> If you know someone who is getting bullied, whether it’s a close friend or not, make plans to surprise them this week. You could brighten their day with cupcakes or by slipping an anonymous note in their locker telling them how important they are. Whether you get to see their reaction or not, you’ll know that you did your best to help, and that’s what matters.



For more on the lasting impact of unexpected kindness, listen to this story from actress Lily Collins.

## WEEK 18 SMILE CITY

Smiling is such an easy way to spread positivity. Smiles instantly make us happier, alleviate stress, and pass good vibes to the people around us.<sup>13</sup> Give at least one purposeful smile a day to someone you pass in the hall this week. For someone who’s feeling down, sometimes all it takes to feel better is a small acknowledgement that another person sees them. BONUS: Make sure to give at least one smile to someone you don’t know.



For more reasons to smile, check out this video from health and wellness expert Jillian Michaels.

## WEEK 19 GET CONNECTED

Online activism can be powerful. Spend some time this week looking for Facebook groups to join so you can unite with other students interested in anti-bullying issues. Make an effort to post at least 3 comments and see what happens. See if you can pick up any good ideas that you can use in your school or community. There’s power in numbers, and you may be surprised by how many meaningful connections you make.



For more on how to use the internet for good, check out this video from author John Green.

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## WEEK 20 RIDE ALONG

The bus can be a tough place for a student who gets picked on. According to a 2012 study, almost 10% of school bullying occurs on school buses.<sup>14</sup> And a lot of the time, adults are unaware. If you know someone who is having trouble on the bus, take it upon yourself this week to make sure the bus driver or teachers know what's happening. You can try phrases like, "You may not know this, but \_\_\_ gets bullied at the back of the bus every day on the way to school. Can we get assigned seats on the bus?" If it feels safe, it can also help to sit with the person who has been bullied to make it harder for others to be mean to them.



Hear what Red Hot Chili Peppers drummer Chad Smith has to say about asking adults for help on the bus.

## WEEK 21 LISTEN

Did you know that, according to one study, the average person only remembers about 25% of what they hear?<sup>15</sup> When a friend is going through something difficult, people have a tendency to want to jump in and give advice right away, but listening well is often more helpful and can be accomplished with some concentration. This week, find at least 3 times to be an active listener. There are many ways you can do this: you can sit with a friend and wait for them to speak first, you can make an effort to maintain eye contact, or you can ask follow-up questions to make sure you're understanding the situation correctly. The key is to make sure your friend understands that they're being heard.



For more on how to be a better listener and friend, check out this advice from college student Marielle.

## WEEK 22 KEEP IT CLEAN

LGBTQ students are at a high risk for harassment, and many times this takes the shape of verbal bullying.<sup>16</sup> It can be hard to stand up when someone uses words you disagree with, but this week, make an effort to correct homophobic slurs when you hear them. Respectfully explain to the person who used them why slurs are unkind to those who identify as LGBTQ. Consider saying, "That's actually hurtful to people who identify as gay," or "Why are you saying that? 'Gay' isn't a bad word." Be careful not to be mean when you make your comment, as that can cause things to escalate. If interrupting the slurs doesn't help, get adults involved.



Check out singer/songwriter Jason Mraz's thoughts on how times have changed and the importance of speaking up.

## WEEK 23 BE THE GOOD YOU WANT TO SEE

Sometimes we forget that our actions affect the people around us. In fact, our behavior is contagious.<sup>17</sup> We continually set examples for our peers, and a good example can be incredibly persuasive. Every day this week, choose a different person outside of your friend group to approach with an act of kindness. On Monday, maybe pick a kid in your homeroom who you don't normally talk to and give them a compliment. On Tuesday, reach out to an old teacher of yours and thank them for being awesome. Pay attention to the ripple effects your kindness creates. Others may see the benefits of your actions and start to follow your lead.



For more on how it's cool to be nice, check out this advice from high school student Parker.

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## WEEK 24 WORDS OF WISDOM

Perspective and advice from a trusted adult should never be taken for granted. Interview a parent, grandparent, aunt, uncle, or favorite teacher this week. Ask what their life was like when they were your age, about a time they stood up for someone, or if they ever saw bullying growing up. You can try starting off with, "Mom, was there much bullying at your school when you were my age?" We suggest bringing a pen and paper ;)



Hear some advice from tennis legend Billie Jean King about what bullying was like when she was a kid.

## WEEK 25 HELLO!

The shortest distance between you and a new friend is five letters long: h-e-l-l-o. This week, make at least one new friend, and see where it goes. Sound hard? The easiest way to make a new friend is to introduce yourself. Just go up to someone and say, "Hey, I'm \_\_\_." The rest will fall into place.



For more on the power of a hello, check out this video from actor and musician Jared Leto.

## WEEK 26 YOU'RE AWESOME

According to one study in the UK, nearly one-third of students who have been bullied have gone on to self-harm.<sup>18</sup> Many forms of self-destructive behavior come from an individual's belief that they aren't worthy of love and support. If you notice any of your friends putting themselves down, take one moment this week to tell them some of the reasons why you love and support them. They don't have to be big things! You can start with, "You're so awesome and you always make me laugh," or "No one understands me the way you do—thank you." Take note of their reaction. You'd be surprised how quickly you can brighten someone's day.



Check out this uplifting video from high school student Chenzira on how easy it is to let someone know they're awesome.

## WEEK 27 FLIP THE SCRIPT

Everyone knows that being the odd person out is hard, but it can be easy to forget when that person isn't you. That's why this week, when you're picking teams for a game or partners for a group project in class, choose the new kid or the person who is always picked last, first. They may never forget it.



Check out this inspiring story from educator Tiffany about a time she flipped the script.

## WEEK 28 OFFER SYMPATHY

Even if you can't interrupt bullying in the moment, you can offer sympathy to someone who has been bullied, after the fact. This week, tell someone who has been bullied recently that you saw what happened and feel bad about it. You can say, "You didn't deserve that. How are you feeling?" or "I saw what happened, and it wasn't right." Even if the bullying happened a long time ago, you can still reach out. Late is better than never.



For some inspiration, check out these words of wisdom from actor Michael J. Fox.

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## WEEK 29 BREAK THE CYCLE

You might not always see it, but even people who bully need care and compassion. People sometimes bully others as a reaction to their own problems, such as abuse or feelings of isolation or rejection.<sup>19</sup> Being confrontational or attacking someone who bullies is rarely, if ever, the most effective response. Take that into consideration this week and say something kind to someone who maybe isn't always so nice to others. It doesn't have to be a grand gesture. You can start with something simple like, "Hey, I really like your sweatshirt." Your kind comment can show them how kindness beats bullying, any day of the week.



For more on the importance of showing compassion to everyone, check out Bystander Revolution's video, Break the Cycle.

## WEEK 30 UP HIGH

We all know everyone feels a boost after a high-five. And you never know who needs one. Give at least one person a random high-five each day this week. The best thing about high-fives is you can do them anywhere: in the hallway between classes, during recess, in the cafeteria...so what are you waiting for? A countdown? Okay: 1, 2, 3, 4...5! (Technically that was a "count-up" but you get the idea. Go give some fives!)



For more reasons to pass out positivity, check out this video from Olympic gold medalist Missy Franklin.

## WEEK 31 WITHDRAW SUPPORT

Don't know how to help with a bullying situation you are witnessing? You can start by not laughing or joining in. People who bully often get power from the approval of others.<sup>20</sup> Try at least one time this week to withdraw your support from a bullying situation by walking away or, when it feels comfortable, saying, "This isn't cool," or "That's not funny." Your reaction can influence others to step away too. Make sure later to figure out a way to give support to the person who was bullied. It may seem hard, but each time you do it, it'll get easier.



For more ideas on how to speak out against mistreatment, check out this video from Gavin de Becker, an expert on the prediction and management of violence.

## WEEK 32 MUSICAL CHAIRS

Have you ever heard a teacher say, "If you sit in the same place every day during class, moss will start to grow on you"? No? Well, let's fight the moss effect anyway! According to one study, changing your seat can actually boost your creativity.<sup>21</sup> So why not try it? Sit in a different seat in your class each day this week. See who you meet and what new things you experience!



Hear from actress Jenna Elfman for more on the incredible power of shifting your perspective and meeting new people.



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## WEEK 33 WEEK OF MINDFULNESS

Mindfulness means creating a greater moment-by-moment awareness of our thoughts, feelings, and surrounding environment.<sup>22</sup> This week, we want you to do a mindfulness exercise by keeping a tally of all the little things you either take responsibility for or ignore. Literally, write them down! They can be household chores like washing the dishes, or harder things like letting someone who is getting bullied know you care. Just taking note of when you act and when you ignore can help you become more mindful and remember to act more frequently.



Check out this video from actress Laura Dern for more inspiration for your 'Week of Mindfulness'.

## WEEK 34 I'M SORRY

Apologies are powerful and beneficial, not just to those receiving them, but also to those giving them.<sup>23</sup> This week, think of someone you want to apologize to and do it, whether it's someone you feel you wronged yesterday, or even last year. You can start with, "Hey, I just wanted to reach out and apologize for the way I treated you," or "I've been thinking about what happened and I really want to say that I'm sorry." If you can't think of someone to apologize to, put yourself in the shoes of your parent or guardian and think about your recent behavior from their perspective. Chances are you can apologize for something.



For more on the power of apology, check out this advice from actress Melissa Joan Hart.

## WEEK 35 WHAT'S UP?

Sometimes simple actions can make the biggest difference. Each day this week, email or text a different friend a supportive message. You can try starting with friends who look down or who you know are struggling, but then branch out. You can text something like, "Hey, \_\_\_. I know you might just be tired and stressed from school (I know I am), but I noticed you looked kind of down today. Just a little reminder that I'm on your team and you've totally got this," or "\_\_\_! We haven't talked in a couple months, but I was just thinking about how much fun we had at my birthday party last year. You're such a good friend and I miss you! Let's catch up soon." Don't worry if you can't get the message just right. What matters most is the gesture.



For more on how impactful a single act of kindness can be, check out this video from Gavin de Becker, an expert on the prediction and management of violence.

## WEEK 36 QUESTION THE RUMOR

Questioning a rumor can be a great way to stop it in its tracks. This week, when you hear someone share a rumor, question them. You can try saying, "How would you feel if someone said that about you?" or "Come on, we should really give them the benefit of the doubt. Who told you that?" Even though it's tough, questioning rumors is a great way to defuse them.



For more on the power of questioning rumors, check out this Bystander Revolution video, Question Rumors.

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## WEEK 37 STORY TIME

Empathy is an invaluable skill when it comes to taking the power out of bullying. According to a 2014 study, schools where students reported having more empathy for their classmates had fewer instances of bullying.<sup>24</sup> Thankfully, empathy is something we can all work on. This week, read, or even write, a story about someone who is very different from you. Maybe they go to a school on the opposite side of the country from you, or maybe they have radically different political views. Maybe it's a fictional character, someone in the public eye, or even someone from history. Taking on the viewpoint, even briefly, of people we imagine to be different from us can increase our empathy. **BONUS:** When you've finished, share your story with a friend, and encourage them to try it, too.



Hear some thoughts on how stories can influence our empathy from author John Green.

## WEEK 38 SOMEONE NEW

Including someone new is a powerful act that can dramatically lessen the effects of isolation.<sup>25</sup> Is there someone in your class that you've noticed looking down or lonely? Make a point to reach out and invite them to hang out with your friends this week, even if they're not normally part of your group. You could say, "We're seeing a new movie after school, want to join? Should be fun," or "A group of us is going to play some pickup basketball on Saturday afternoon. Wanna come? Don't worry, we're no pros." That tiny gesture could make a world of difference to them.



Check out Bystander Revolution's video on how powerful it is to include someone new.

## WEEK 39 BE AN ALLY

According to a study conducted by the National Center for Transgender Equality, 82% of transgender or gender non-binary youth reported that they feel unsafe at school. Of trans and non-gender conforming students, 44% of them had been abused physically (ex. punched, shoved, etc.) and 67% of them had been bullied online.<sup>26</sup> If a trans or gender non-conforming student at your school is getting bullied, make an effort this week to offer them help. Let them know you're there for them whenever they need you. You can say something like, "Hey, I just want to let you know that I don't like seeing you get bullied and I'm on your side." If you don't know any transgender people in your community, you can check out books, films, YouTube channels, and transgender blogs to find out more about what it means to be transgender, so you can be an effective ally in the future.

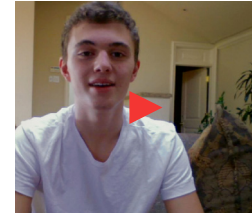


For more on the power of establishing a climate of acceptance, check out this video from actress Jenna Elfman.

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## WEEK 40 GET GRATEFUL

Studies show that gratitude is an emotional state that can provide strength and resilience to those who express it often.<sup>27</sup> This week, we want you to exercise your gratitude muscles. First, write a list of 3 times you missed opportunities to express gratitude or tell someone how much they mean to you. It doesn't matter if it happened yesterday or last year. Next, go out and make up for the misses. If you have a former teacher who really impacted you, you could say, "I never thanked you for all the valuable lessons you gave me." If you have a friend you haven't spoken to in a while, you could say, "I never told you how important our friendship is to me, and I'm sorry we drifted apart." If doing it in person is too hard, give it a try over email or text.



Check out this story from high school student Jesse on how good it feels to be on the receiving end of someone's gratitude.

## WEEK 41 TALK IT OUT

Sometimes talking really is the best therapy. In fact, speaking your mind is a proven way to instantly increase your happiness.<sup>28</sup> If you're going through a tough time, talk to someone about it. It can be a parent, an older sibling, a close friend, or a teacher. Just find someone you trust and focus on expressing what you're feeling. If you're not sure how to start the conversation, you can simply say, "Hey, can I talk to you about something?" If you can't find the right person to talk to, contact one of the resources on our [help page](#)—help is just a text or call away.



For more on how important it is to share, check out these thoughts from actress Jamie Lee Curtis.

## WEEK 42 LEND A HAND

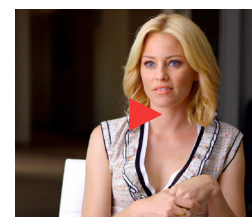
One of the easiest ways to improve your life and the lives of those around you is by helping others.<sup>29</sup> Pay attention to moments when you notice people in need of help. Team up with a friend and see how many different people you can help this week. A mother struggling to carry a stroller? Lend her a hand! A younger student in the hallway looking lonely? Say hi! Compare notes with your friend throughout the week for ideas and inspiration.



Listen to this advice from director and choreographer Kenny Ortega on how one person reaching out can impact a person forever.

## WEEK 43 SHOW SUPPORT ONLINE

According to one 2012 study, 70% of students report seeing frequent bullying online.<sup>30</sup> You can help turn the tide by showing support for someone who has been cyberbullied or excluded this week. You could like or comment on their posts with positivity, or if it feels comfortable and you think they'd be okay with it, post something on their wall that lets them know you're in their corner, like an inspiring GIF or a picture of the two of you that you know they'll like. You can write something like, "\_\_\_, I love the face you're making in this photo! I'm so happy we're friends." If they don't want to be called out on social media, try sending them a private message.



Listen to what actress Elizabeth Banks has to say about the power of one positive comment.

## WEEK 44 LET 'EM KNOW

It's common to feel regret after you don't stand up for someone being treated unkindly. If that's ever been you, it's okay. This week is your chance to prevent it from happening again. Pick a person you feel safe approaching to talk about why something they did was hurtful. Consider saying something like, "Hey, can I talk to you about what you said in the hallway yesterday? I think it really hurt \_\_\_'s feelings." They may not even realize what they did was wrong.



For more on how to safely speak with someone about their bullying behavior, check out this story from middle school student Tatiana.

## WEEK 45 CREATE A SAFE SPACE

Your environment can have a big impact on your mood.<sup>31</sup> But did you know that, according to one study, connectedness to your environment and feelings of support lead to better emotional health?<sup>32</sup> This week, talk to a teacher or a guidance counselor about creating a safe space in your school where students can relax and study without fear of being bullied. You could propose finding a location near the guidance office or the nurse's office. Wherever it may be, just knowing it exists can give you and other students a huge sense of relief.



For more on how helpful a safe space can be, check out this video from educator Tiffany.

## WEEK 46 CHANGE THE SUBJECT

"Hey, what's that?!" Creating a distraction can be a great way to help someone get out of a tough spot. If you see a friend being harassed this week and it feels safe to jump in, consider creating a distraction. You could tell them that a teacher needs to see them in their classroom right away or that you lost your wallet and need help finding it. It might be just the excuse they need to get out of the situation.



Hear from artist and cartoonist Raghava KK how a tactful bystander helped defuse a bullying situation he was in as a kid.

## WEEK 47 NICE TO MEET YOU

Think for a second about how you would feel if you were new at school and didn't know anyone. You'd probably really appreciate someone reaching out to include you.<sup>33</sup> This week, see if you can be that person for someone else. You can say, "Hey, I don't think we've met yet, I'm \_\_\_." or extend a handshake and say, "Hey, I'm \_\_\_! What's your name?" The rest will sort itself out.



For more inspiration, check out what Red Hot Chili Peppers drummer Chad Smith has to say about how awesome it is to meet new people.

## WEEK 48 REMOVE YOURSELF

Gossip and rumors can create a toxic environment.<sup>34</sup> This week, if your friends start talking behind someone's back, remove yourself and go do something else. Let your friends know that you think bad-mouthing people is a waste of time and you don't want to be involved. You can try phrases like, "Why are we spreading rumors about her? Let's talk about something more interesting," or "Come on, this is ridiculous. Don't we have better things to do?" or "I'm sorry guys, I'm not comfortable talking about her while she's not here." You may shock your friends by calling them out, but in time, they may just thank you.



For some great advice on how to persuade your friends to change their behavior, check out these tips from actress Lily Collins.

## WEEK 49 TURN IT UP!

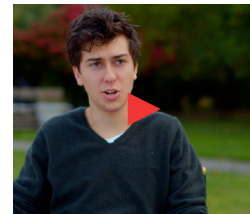
Did you know that optimism strengthens our friendships and can actually make us healthier?<sup>35</sup> It can also be learned.<sup>36</sup> This week, focus the conversation with your friends on positive things, like what you're looking forward to this year, or something really awesome one of your friends did. You can try phrases like, "What are you guys looking forward to this weekend?" or "I can't wait for next semester. \_\_\_ is going to be amazing!" Thought-starters like these are a great way to bring a conversation to a positive place and keep it there.



If you want to go even further, check out this challenge to end negativity from actress Salma Hayek.

## WEEK 50 BIG TABLE

Here's a wild idea: if everyone sat together in the cafeteria, then no one would have to sit alone. This week, try to get as many people to sit together during lunch as possible. Ask a teacher if you can push the tables together and get everyone to pitch in. You could even say, "I have this crazy idea, I really want everyone to sit together for a day!" We recommend bringing a camera—you'll probably want to take a pic with the whole group.



Check out the idea behind the Big Table Challenge in this video from actor Nat Wolff.

## WEEK 51 USE HUMOR

Laughter can be a lifesaver—literally. Laughter can ease pain, fight disease, and improve your overall quality of life.<sup>37</sup> So it's no wonder laughter can help when supporting a friend who's being bullied. Help your friend reframe their experience by making a joke about the situation and pointing out how silly and ridiculous bullying is. Consider saying something like, "It makes sense that you're being bullied for being smart because being smart is totally a bad thing." If you can't think of the right words to say yourself, try sending a funny video instead. Everyone loves a good blooper :)



Listen to anti-bullying activist Monica Lewinsky's advice on humor and how it helped her through a tough time in her life.

## WEEK 52 REFLECT

Now that you've done a year's worth of actions and had so many new and challenging experiences, it's time to do some reflecting. Reflection is crucial to self-improvement and gives us the right kind of self-awareness to truly move forward in life.<sup>38</sup> Write a short journal entry on these four things: the most fun action you've done, the most difficult action, the most surprising action, and the most heartwarming action. This is the last action, so really spend some time thinking about it. When you've finished, talk through your observations with a close friend or a family member. Chances are, your reflection will inspire them to embark on a year of action, too.



To refresh your memory about some of the things you've done this year, check out this Bystander Revolution video, What Can One Person Do To Help?

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