

## Youth Leadership

# Student Action Plan Against Bullying

Bullying affects everyone. Whether you are the target of bullying, a witness, or the person who bullies, it is something that impacts you, your peers, and your school. Bullying can be stopped, but it won't just happen. You have to take action and develop a plan that works for you and your situation. This is your opportunity to change what is happening to you, or someone else, and make a difference. Start by creating your own plan to take action against bullying.

## What You Can Do

The following steps will help you develop an action plan to address a bullying situation that is happening to you or someone else.

### **Step 1: Think about the bullying you have experienced, seen, or even done yourself.**

Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.

### **Step 2: Then consider how that situation could be different.**

Include what you would like to see happen, how things could be changed, and what would help you feel back in control of the situation.

### **Step 3: Next, think about the steps needed to make those changes happen.**

Consider what role you need to take, who would need to be involved, and what they would need to do.

Write down your action plan or share it with someone you trust like a friend, parent or teacher. Don't be afraid to ask for help in putting your plan into action.

For more resources and suggestion on how to combat bullying, visit

<http://www.pacerteensagainstabullying.org/tab/>

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PARTNERS RESOURCE NETWORK

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