



Tips and Tools to Create a School Grounded in Kindness... Because it's Cool to Be Kind!

The desired school climate should be one of free of bullying and bigotry. The goal is to create school environments where all students feel valued, safe and respected.

BE UPSTANDERS, NOT BYSTANDERS ...equip students with the words and actions to safely stand up for targets of bullying, both online and offline

- Organize a community-wide, district-wide, school-wide **pledge event** where everyone takes the David's Law Anti-Cyberbullying Pledge and places the stickers on their phones. Take pictures of the pledge event and post them on social media using #davidslaw.
- Establish **sustainable clubs** that focus on kindness and bullying prevention:
 - Random Acts of Kindness Club
 - Pay Kindness Forward Club
 - Upstander Club
- Create weekly **kindness challenges** and use social media to spread the word
- Start a **peer mentoring program** where high school students talk to middle school students and middle school students share with elementary school students about the harmful effects of bullying and how they can be part of the solution
- Raise awareness of bullying and cyberbullying prevention in your community through **speakers**, personal testimony, bumper sticker, and/or yard signs
- Organize a **parent partnership program** where parents of elementary aged students are able to partner with middle and high school students to help organize bullying prevention initiatives
- Organize events in your school and community:
 - A bullying awareness walk/run, talent show, and/or KIND day
- Create a **"Wall of Wonderful Words"** in the hallway of the school where students can add words of encouragement, inspirational quotes, or a compliment about a classmate
- Coordinate a **letter writing campaign** to your state legislators and senators
 - Show students that they have the ability to be change agents regarding social issues that affect their lives
- Create bullying and cyberbullying prevention **T-shirts**, videos, posters, and/or social media blasts
- Organize a **concert**, a poetry or art contest where students can express their feelings about kindness and bullying prevention through the arts

Resources for Parents and Schools

www.commonsense.org/education/digital-citizenship

Educational resources to teach students about online ethics, including lesson plans, online games, and classroom posters.

www.soulbehindthatscreen.org

A powerful video for parents comprised of short clips created by high schools about their own experiences with cyberbullying. For parents who watch the film, Common Sense Media developed useful advice using various situations in the film as a way to talk to explain how to talk with kids about online safety. Sponsored by AT&T, The Tyler Clementi Foundation, and Common Sense Media.

www.cyberbullying.org

Official site of the Cyberbullying Research Center, featuring up-to-date information on research and legislation concerning cyberbullying. The site is run by Dr. Justin W. Patchin and Dr. Sameer Hinduja, who have been researching bullying and its affects since 2002. Their book, A Leader's Guide to "Words Wound", is available for free download through their site.

www.nexttalk.org

Nonprofit organization dedicated to providing resources for parenting and teaching in the digital age through open communication with children who ask complicated questions about what they might see online. Their site offers a video series and free curriculum.

National Suicide Prevention Lifeline:
1-800-273-8255

24/7, free, confidential hotline for those in crisis. Visit their website at www.suicidepreventionlifeline.org for more information on their service, suicide risk factors and warning signs, and how to talk about suicide with your student or child.

Show Your Support for David's Legacy

By joining together in speaking out against cyber bullying through social and legislative action, we can make a difference in the lives of today's youth. Here are four ways to get involved with David's Legacy Foundation:

1. Take the **David's Law Anti-Cyberbullying Pledge** by ordering your free sticker from David's Legacy Foundation on the "Get Involved" tab
2. **Like our Facebook Page** (@DavidsLegacyFoundation.)
3. **Join our Mailing List**
Stay up-to-date by signing up for emails from David's Legacy Foundation at www.davidslegacy.org on the "Get Involved" tab
4. **Donate at www.davidslegacy.org** or mail your gift to:

David's Legacy Foundation
PO Box 90732
San Antonio TX 78209

David's Legacy Foundation is a non-profit 501(c)3 organization and charitable gifts are tax deductible to the fullest extent of federal tax law

Visit our website for more resources and videos related to bullying and mental health.