National Bullying Prevention Month was proposed in 2006 by PACER’s National Bullying Prevention Center and has occurred annually ever since. It is intended to unite communities nationwide to raise awareness of bullying prevention through events, activities, outreach, and community education.

Check out the assortment of resources below to learn how you can engage, educate, and inspire others and prevent bullying where you live!

1. **Learn the Facts About Bullying and How to Make a Difference**
   
   gse.buffalo.edu/alberticenter | stopbullying.gov | www.education.com/topic/school-bullying-teasing

2. **Sign a Petition or Pledge to Stop Bullying**
   
   www.pacer.org/bullying/digitalpetition | wearethesolution.net

3. **Pledge to Become a Champion Against Bullying**
   
   www.pacer.org/bullying/nbpm/champions.asp
   
   • Champions are schools and organizations that support the cause and are taking part in some way during Bullying Prevention Month.

4. **Submit an Entry about Bullying**
   
   submit to: Bullying411@PACER.org
   
   • Enter a video, story, poem, artwork, or audio clip that expresses how you feel about bullying, how you think it affects students and schools, and what you have done to prevent bullying.

5. **Hold a Community Event**
   
   www.pacer.org/bullying/nbpm/communityevents.asp (sample agenda)
   
   • Hold a special event to show you care about this important issue. Events do not have to be long to have an impact!

6. **Participate in PACER’s Run, Walk, Roll Against Bullying**
   
   www.pacer.org/bullying/nbpm/runwalkroll
   
   • Coordinate a run in your community or pledge to sponsor a participant.

7. **Download & Use a Classroom or Community Toolkit**
   
   www.pacer.org/bullying/resources/toolkits
   
   • Toolkits provide strategies to address bullying for parents, educators, and students. Toolkits for individuals with special needs are available at http://specialneeds.thebullyproject.com/ and GLBTQ Youth at http://www.advocatesforyouth.org/publications/publications-a-z/608?task=view.
8. Attend Local Events that Encourage Understanding and Acceptance of Our Differences
   • Attend screenings that raise awareness:
     o “Matt Shepard Is a Friend of Mine” (LGBT inequality and hate crimes; October 11, 7:00 p.m., UB Center for the Arts Screening Room). More information at www.gse.buffalo.edu/alberticenter/events/other
     o “Bully” (Stories of students’ and their families experience with bullying; October 20, 2:00 p.m., Buffalo & Erie County Central Library). More information at www.pflag-buffalo-niagara.org/
     o “Submit the Documentary” (cyberbullying; October 30, 7:30 p.m., UB Student Union Theater). More information at www.gse.buffalo.edu/alberticenter/events/other
   • Visit the Museum of disABILITY’s exhibits (Monday - Friday, 10:00 a.m. - 4:00 p.m.) & 9th annual disABILITIES film festival and speaker series (October 12). More information at www.disabilityfilmfest.org

9. Help Youth Get Involved by Encouraging Them to:
   • Stop bullying before it starts with the interactive Spookley the Square Pumpkin Toolkit (PreK-Grade 3) www.pacer.org/bullying/resources/toolkits/spookley
   • Invite friends to stand up to bullying through the “bully text game” (Grades 5-8) wwwdosomething.org/bullytext
   • Check out & be active on Teens Against Bullying (Grades 9-12) http://www.pacerteensagainstbullying.org/#/home

10. Remember to Be a Good Role Model Through Your Words and Actions
    • Modeling anti-bullying attitudes and behavior is an easy way to get involved that can make a large difference in your school and community. Start in October, and continue all year-round!

For additional information, please visit www.pacer.org/bullying.