



HELP GUIDE FOR STUDENTS

The Bravery Over Bullying Project© Help Guide for Students

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Dear student,
We want YOU to know that we think YOU are brave! The Bravery Over Bullying Project© is a curriculum-based Toolkit designed to help YOU learn more about how you can #bebravenotabully

We know students face many obstacles in the classroom, and when it comes to bullying, we want to equip you with the necessary skills to help you overcome a bullying crisis.

- Have you ever been bullied?**
- Maybe someone thinks you are a bully?**
- Do you want to help your friends who are being bullied?**
- Do you want to become a Bravery Over Bullying Student Ambassador, and help us help others to be brave?**

If you answered yes to any of these questions, then we're here to help you! The Bravery Over Bullying Organization wants to teach, promote, and bring awareness to child victims of bullying in every school.

If you have been bullied, we want you to know it's NOT YOUR FAULT.

Students can be targets of a bully for many reasons, and often for no reason at all.

It is important to tell that student to STOP what they are doing as soon as it happens.

Stand up for yourself. BE BOLD. BE BRAVE.

Tell an adult. Don't be afraid to tell someone when something happens.

Your Mom or Dad, Grandparent, Big brother, Big sister, Aunts, Uncles, friends, Teachers, everyone should know if you don't feel safe at school, or if someone is hurting you or threatening to hurt you.

Did you know it is against the law to threaten someone's life?

Did you know it is against the law to punch, kick, push, or threaten to do those things?

Our student-led campaign helps you tell others what it means to #bebravenotabully

The Brave Pledge is designed to help remind you what it means to treat others the way you want to be treated, and helps you publicly acknowledge that you will try to be your best, and treat others with kindness and respect.

Take The Brave Pledge© today—

**I will
Be a Friend,
Rally FOR one another
not AGAINST one another,
Aim for acceptance
Victory over bullying,
Everyone matters.
Be Brave, not a bully!**

Sign Your Name Here

Date: _____



You may start making small changes in your thoughts and in your mind, but those thoughts will eventually be put into actions, and your actions become habits.

If you are thinking positive thoughts, you are training your brain to believe those thoughts. Negative thoughts make you believe negative things/ We call it Stinkin' Thinkin'. When you dwell on negative things happening around you, you can't focus on the positive.

When you're having a bad day, even the worst of the worst, did you know if you take time to look around, we bet you can name at least ONE GOOD thing that has happened to you that day.

And sometimes on those very bad days, we need a small reminder of the good.

When someone says an unkind word, or you make a bad grade on a test, or when you forgot your lunch, or someone tripped you in the hallway, we want you to remind yourself to BE BRAVE.

Reminding yourself with small affirmations can help you train your brain to look for the good in every situation.

After all, The Bravery Over Bullying Organization was founded by two elementary students just like you, who were being bullied at their school. They had to leave the only school they had ever known, and they were worried about their friends they left behind.

They asked, "What about our friends? If we're not there for the bully to bully, he'll just find someone else to bully, and we don't want our friends to be bullied, too. How can we teach them to be brave and tell that bully not to act like a bully?"

So, they helped create our name, our slogan and hashtag "Be brave not a bully" and thought up our mascot, BOB, the Lion.

BOB, the Lion wants to help teach you how to be brave. He has a song he likes to sing that goes like this—

BOB'S Song
Be brave not a bully,
Be strong and courageous,
Be brave not a bully,
That's the way that you're made, yes!
Be brave!
Be strong!
Be courageous! ©

We hope you'll be reminded to say The Brave Pledge or sing BOB's song when you're feeling down, or when you want to help someone else who is feeling sad.

The Bravery Over Bullying Organization is here for YOU.

Talk to your family about what you learned today.

Tell someone if you are being bullied. Tell someone if you are feeling sad, anxious, or afraid.

You matter. You are important. There is only one unique you, and even if you're feeling down, or not happy with how you look, or think you are weak, or wish you were smarter, or taller, or faster, we think YOU are BRAVE!

There are many MANY people who love you, and who care about you, and who want the very best for you. Even if you feel like you're all alone. You're NOT!

You will meet many people throughout your life, and you will learn many things. Sometimes the lessons are easy, sometimes the people you meet will be difficult, and sometimes the going gets tough, but always remember WE ARE HERE FOR YOU!

We want you to grow up healthy, strong, happy, and ready to face the challenges of a new day, and YOU CAN and YOU WILL Be brave not a bully!



Being brave means acting responsibly, showing respect for others, being accountable for your actions, and knowing it's okay to ask for help.

We want you to be your best, but we can't all be the best at everything. We each have special gifts, strengths, and weaknesses, and that's okay.

When you build others up by encouraging them THAT is BRAVE!

When you help someone who is struggling THAT is BRAVE!

When you treat others the way YOU want to be treated THAT is BRAVE!

We can all lend a helping hand to those around us, whether it's holding open the door for someone, waiting patiently your turn for something, or complimenting someone you think is doing a good job THESE are ALL BRAVE acts.

At The Bravery Over Bullying Organization, we like to recognize ACTS of BRAVERY.

Do you know someone who is a good friend, a good helper, or who stands out in the crowd? Maybe it's you, maybe it's someone you know, maybe it's someone you want to be?

Together, we can all help one another to BE BRAVE and not a bully simply by taking time to help those around us. When we all strive to be our best, and encourage others to be their best, we are helping create a culture of kindness, a climate of trust, and CHANGE for GOOD.