

# HISD | Social & Emotional Learning

PROMOTING EMOTIONAL AND EDUCATIONAL SUCCESS

## HISD SEL Bullying Prevention Week

October 25 – 29, 2021



October is Bullying Prevention Month and October 25-29 is Bullying Prevention Week. Join the HISD SEL Department as we raise awareness and bring attention to a growing epidemic of bullying and social isolation. Young people who experience bullying may pull away from society, struggle with learning and social development, or choose to hurt themselves or others. We encourage all HISD campuses to participate virtually and encourage students and parents to join in to help prevent bullying.

<b>Monday</b> Oct. 25	<b>Mask Monday</b>	Some students “face mask bullying.” Let’s reassure students that being safe and wearing your mask helps keep everyone safe.
<b>Tuesday</b> Oct. 26	<b>Random Acts of Kindness</b>	Start a <b>Random Acts of Kindness</b> movement and ignite students, teachers, and families by doing kind acts at home or in your community. Start morning announcements with a kindness idea from this <a href="#">calendar</a> .
<b>Wednesday</b> Oct. 27	<b>Unity Day – Wear Orange to Prevent Bullying and Promote Kindness, Acceptance, and Inclusion in schools and online.</b> <a href="#">#hisdunityday2021</a>	Come together in one giant <b>ORANGE</b> message of hope and support, WEAR AND SHARE <b>ORANGE</b> to color our nation and even the world, visibly showing that our society believes that no child should ever experience bullying.
<b>Thursday</b> Oct. 28	<b>Positivity Selfie Wall</b>	Display a school-wide Positivity, Kindness, or Smile Wall, where students can post positive messages, compliments, and notes of encouragement.
<b>Friday</b> Oct. 29	<b>Let’s Stop Cyberbullying</b>	Discuss ways to recognize cyberbullying and develop an action plan. Visit <a href="#">Cyberbullying Resources</a> for more resources.



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## Additional Activities

October is Anti-Bullying Awareness Month

### VIRTUAL POETRY SLAM

Invite students to write and recite a spoken word poem that aligns with the theme of unity and diversity. Tell students to bring their coffee, tea, lemonade, and some snacks to the virtual readings. Play jazz and give finger snaps to the poet.

### VIRTUAL CHAT 'N' CHEW

During lunch in breakout rooms, provide conversation starters that will help students get to know one another and have some laughs. Do a couple rounds so that students are visiting different breakout rooms. Ask students to report on something new they learned about a classmate.

### WEAR ORANGE WEDNESDAYS

Wear orange as a color of unity. Orange is the symbol of gun violence prevention. Once students learn if they see someone alone, they should reach out and help, starting with a friendly hello. Encourage students to get to know more about each other. Ask students to research and share in a circle discussion about how the color orange has cultural or personal significance and may represent their own heritage.

### CHECK-IN-BUDDIES

Assign each student a "Check-in Buddy" in their class. Students should not reveal who their buddy is. Throughout the month, their task is to be mindful of checking-in with their buddy to find out how he or she is feeling or doing. Students should offer company, help, or friendship however they can. By checking-in with one another, they are doing our part to make sure no one is feeling left out.

**Additional Resources:** Visit [Pacer's National Bullying Prevention Center](#) for lesson plans, and activities for all grade levels.

**Crime Stoppers of Houston:** [Bullying Prevention Tips for Teachers & Parents](#)

**Visit the Random Acts of Kindness Foundation website to see their [Kindness Calendars](#).**