**HISD SEL Bully Prevention Week**

**October 19th – 24th 2020**

A close up of a sign

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October is Bullying Prevention Month. Join the HISD SEL Department on October 19th – 24th 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 campuses to participate virtually and encourage students and parents to join in to help prevent bullying.

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| **Monday**  **Oct. 19** | **Mask Monday** | Some students face “Mask Bullying!” Let’s reassure students that being safe and wearing your mask helps to keep everyone safe. |
| **Tuesday**  **Oct. 20** | **Random Acts of Kindness** | Start a Random Acts of Kindness movement and ignite students, teachers and families by doing kind acts at home or in their community. |
| **Wednesday**  **Oct. 21** | **Unity Day – Wear Orange to Prevent Bullying & Promote Kindness, Acceptance and Inclusion in schools & online.**  **#hisdunityday2020** | Come together in one giant **ORANGE** message of hope and support, WEAR AND SHARE **ORANGE** to color our nation, and even the world, visibly showing that our society believes that no child should ever experience bullying.  **Click here:** [**Unity Day Planning Guide**](file:///C:\Users\P00101460\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\SSKYCL8U\Unity%20Day%20Planning%20Guide) |
| **Thursday Oct. 22** | **Positivity Selfie Wall** | Display a school-wide Positivity, Kindness, or Smile Wall where students can post positive messages, compliments, and notes of encouragement. |
| **Friday**  **Oct. 23** | **Let’s Stop Cyberbullying** | Discuss ways to recognize cyberbullying and how to develop an action plan. Click here for more resources: [Cyberbullying Resources](https://www.pacer.org/bullying/resources/cyberbullying/) |

**Suggested Activities  
HISD October Anti-Bullying Awareness Month**

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| **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 music 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 break out rooms. Ask students to report on something new they learned about a classmate. |
| **WEAR ORANGE WEDNESDAY** |
| Wear orange as a color of unity. Orange is the symbol of gun violence prevention. Once students learn to see someone alone, reach-out and help, and start with a friendly hello, encourage students to get-to-know more about each other’s identity. Ask students to research and share in a circle discussion how the 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 week, 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, we are doing our part to make sure no one is feeling left-out. |
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**Additional Resources:** <https://www.pacer.org/bullying/classroom/elementary/ele-lesson-plan.asp>

**Crime Stoppers of Houston**: [Bullying Prevention Tips for Teachers & Parents](https://crime-stoppers.org/wp-content/uploads/2019/01/cs-bullying-and-cyberbullying-prevention-2017.pdf)