

A CALL TO ACTION



Anyone can be bullied. Despite being an athlete and a top student, Ja'Meya, profiled in **BULLY**—the highly-acclaimed film about real kids who were the victims of bullies—was picked on every morning and afternoon of her hour-long bus ride. Research shows that the reactions of classmates who witness bullying play an important role in affirming or condemning the behavior of the bully.*

When it comes to bullying, there are three kinds of people in addition to the bully and the person being bullied. They are:

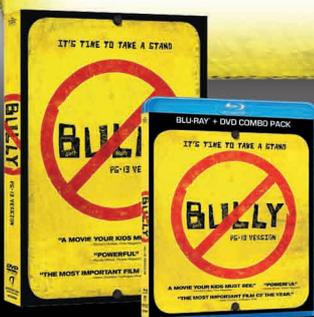
- **Perpetrators.** They join in the bullying, help escalate it, or launch new attacks.
- **Bystanders.** They try to stay out of the situation. They either watch silently or find a reason to walk away.
- **Upstanders.** These people take action to help stop the bullying. They might intervene directly and tell the bullies to stop. They might seek help from adults. Or they might reach out to the targeted student as a friend.

Do you recognize yourself in any of these descriptions? _____

If yes, which one? _____

Unless you are an Upstander, you are a part of the problem. Until enough students decide to take positive action to combat bullying in your school and community, it will continue.

With your team, brainstorm what you can do to promote a more caring and tolerant environment and to combat bullying in your school. Use the space below to list the things you might do. Be prepared to share your ideas with the rest of your classmates and to develop a plan that you can make happen!



*Christina Salmivalli et al., "Bully as a Group Process: Participant Roles and Their Relations to Social Status Within the Group," *Aggressive Behavior* 22 (1996): 2.



Look for **BULLY** on Blu-Ray™ and DVD in a store near you on February 12, 2013. To learn more about what you can do to combat bullying, go to www.THEBULLYPROJECT.com