

# YOUTH ACTIVATION

## START YOUR OWN BULLY PROJECT!

Nobody understands the depth of bullying better than those who observe and experience it every day. You have more power than you think to turn your school into a place that fosters empathy and inclusion! Everything starts with one, and builds up. Join our Facebook community: [www.facebook.com/bullymovie](http://www.facebook.com/bullymovie) and then take further action. Here are some ideas for getting started:

### EXPRESS YOUR ACTION

[www.bully.loveislouder.com](http://www.bully.loveislouder.com)

Post your picture and pledge on the Love is Louder and BULLY photo wall to demonstrate that you are an upstander and are dedicated to creating a world where empathy rules and bullying has no place. Just take a picture and pick a pledge, then upload it to the photo wall. You can also easily share it on Facebook and Twitter!



### MAKE A VIDEO

Share your story of being bullied, or show how your community is standing up to bullying. Upload your video to YouTube and send it to us at [info@thebullyproject.com](mailto:info@thebullyproject.com). Or enter your video into the The Great American NO BULL Challenge.

Calling all 13–18-year-old middle and high school students! Enter The Great American NO BULL Challenge, a global video contest and Teen Video Awards Show. Create a short film that speaks to the importance of being an upstander, creating positive school culture, and ending cyber and all other forms of bullying. Visit: [nobullchallenge.org](http://nobullchallenge.org) for more information and to view the winning films!



[www.nobullchallenge.org](http://www.nobullchallenge.org)

### SPEAK UP

[www.facebook.com/stopbullyingspeakup](http://www.facebook.com/stopbullyingspeakup)

The Stop Bullying: Speak Up campaign seeks to raise awareness of the simple, yet powerful actions that parents, kids, and educators can take to prevent bullying. Take the pledge: [www.facebook.com/stopbullyingspeakup](http://www.facebook.com/stopbullyingspeakup)

