

*For Brownies, Juniors, Cadettes,
Seniors, Ambassadors*

To develop an understanding of the different types of bullying, how to prevent bullying and how to build a safe environment. To build self-respect and confidence to help girls overcome a bullying situation. Please check badge availability at [here](#) before beginning activities.

Guidelines:

Complete the following number of activities for each age level, including at least one from each category:

- Brownies and Juniors will complete one activity from each section.
- Cadettes, Seniors, and Ambassadors will complete two activities from each section, one of these must include the starred (*) activity.



Discover:

Discover new and positive things about each other. Write a compliment to each girl in your group.

Write down a time when you said or thought something judgmental or when someone wrongly judged you.

Invite an expert on bullying to speak to your group. It could be a school counselor or psychologist.

Research the different types of bullying. Here are some web sites to explore:

- www.pewinternet.org This site has excellent information from the Pew Internet and American Life Project. Read their studies focusing on the effect of technology on today's families. Topics include Teens and Technology, Teens and Social Media, Cyber bullying, Social Networking Websites and Teens, Teenage Life Online and many more.
- www.hsperson.com This is Elaine Aron's web site devoted to highly sensitive individuals. This site includes information on bullying.
- <https://www.stopbullying.gov/> This site contains a wealth of information including tips for parents, educators and kids who are bullies, bullied, or bystanders.

Read one or more of the following books about bullying:

- *Just Kidding* by Trudy Ludwig addresses the topic of mean spirited comments punctuated with "Just Kidding."
- *My Secret Bully* by Trudy Ludwig is the story of a fair weather friendship between two girls who have been friends since kindergarten.
- *Sorry!* By Trudy Ludwig tells the story of Charlie who covers up bad behavior with an insincere apology.

Research the important issues of cyber bullying and texting. If possible, find an expert on these issues and interview them. Check out the website, www.rachelsimmons.com Click on the link for Resources for Schools and Parents to download Rachel Simmons' guide for parents on cyber bullying. Cadettes, Seniors, and Ambassadors.

Connect:

- *Understand how social network sites, like Facebook, can affect relationships and hurt others. With your friends, come up with a set of Social Network Etiquette rules. Cadettes, Seniors, and Ambassadors.
- Write a short story or skit about bullying.
- Cut out words and images from newspapers and magazines that describe how bullying hurts.
- Find a newspaper article about bullying. Discuss with your group the outcome of the bullying incident.
- Role play different types of bullying and how to react to bullying.

Take Action:

- Make a poster about bullying and ask if it could be displayed at your library.
- Have a poster contest at school about anti-bullying. Find businesses that would donate prizes.
- Organize a workshop about bullying. Invite parents and kids. Include speakers and a question and answer period.
- Talk to a younger group about your research on bullying. Help them role play bullying situations and how to react.