



## Stand4Change Day 2024

Dear Educators, Administrators, Counselors and Parents,

Thank you for bringing **Defeat the Label's Stand4Change** into your schools for our annual **Stand4Change**! Each year, **Stand4Change** empowers and celebrates young people around the world who are taking a stand against bullying, social labeling and unkind peer behaviors in their schools and communities. This event raises critical awareness on these issues by driving attention, resources, and support to the communities that need it most, which has always been **Defeat the Label's** core mission.

We are excited and inspired by the millions of students, representing more than 40 countries around the globe, who along with their teachers and administrators, are taking a stand with all of you today! Bringing your power and commitment to events such as **Stand4Change** is paramount to creating change in the communities where students want to learn and grow.

Attached you will find the **Stand4Change** toolkit. As in previous years, we are sharing activities that can be done in the classroom.

If you are receiving this toolkit from a friend, we ask that you visit [www.stand4change.org](http://www.stand4change.org) and register yourself, so that we can make sure that you continue to receive our activities and updates through the end of the school year.

At the end of the lesson, please encourage your students and colleagues to visit [www.stand4change.org](http://www.stand4change.org) and drop us an email or message about how **Stand4Change** impacted their students. We would love to read and share your feedback, ideas and photos!

We are thrilled you are joining us for **Stand4Change 2024** and thank you for your support!

## Information about Defeat the Label

**Defeat the Label's** mission is to empower young people to take a stand against bullying in their schools and communities by promoting an inclusive and judgment-free society. **Defeat the Label** works with artists, athletes and celebrities to educate young people, parents and educators, and to provide resources and tools to help students take a stand against social labeling and bullying. **Defeat the Label** considers all students that are willing to take a stand, **Upstanders**. **Upstanders** are able to recognize when a situation isn't right, and they take the power into their own hands to be agents for change and to make a difference.

Some statistics about Bullying:

- Over 37% of adolescents and teens report having been the targets or victims of cyber-bullying, via their cell phones and/or social media. (as reported by *The U.S. Department of Justice*)
- The most commonly reported type of bullying is verbal, followed by cyber bullying and physical bullying.[4]
- More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied.[6]
- 41% of students who reported being bullied at school indicated that they think the bullying would happen again. (**National Center for Educational Statistics, 2019** )
- The reasons for being bullied reported most often by students include physical appearance, race/ethnicity, gender, disability, religion and sexual orientation. (**National Center for Educational Statistics, 2019**)
- Students who experience bullying are at increased risk for depression, anxiety, sleep difficulties, lower academic achievement, and dropping out of school. (**Centers for Disease Control, 2019**)
- 1 in 7 students is either a bully or a victim of bullying. (*www.education.com*)
- According to students in the United States, 42% of young people report having been bullied or harassed on Instagram, more than any other social media platform. (*www.Dosomething.org*)
- Approximately 45% of students admit to having participated in bullying behavior. (*NEA Today*)
- Only 30% of students, who report having experienced bullying, notified an adult in their lives about the bullying. ([www.stopbullying.gov](http://www.stopbullying.gov))

One trend, noted over the last few years, has been an exponential increase in bullying behavior experienced by young people aged 9-12, an age group referred to as "Tweens."

- One in five tweens (20.9%) has been cyberbullied, cyberbullied others, or witnessed cyberbullying
- 13% of tweens report being bullied in person, at school, and online. While only 1% of tweens report being bullied solely online.( Patchin & Hinduja, 2020)

- Tweens shared that they were bullied on the following sites, apps, platforms, and games: YouTube, Minecraft, Roblox, Google Classroom, Fortnite, TikTok, YouTube Kids, Snapchat, Facebook Messenger Kids, Instagram, and Facebook.
- Tweens who were bullied shared that it negatively impacted their feelings about themselves (69.1%), their friendships (31.9%), their physical health (13.1%), and their schoolwork (6.5%)

However, there is some good news!! More than any other age group, two-thirds of tweens are willing to step in and intervene, defend, and support other students who are being bullied at school, or online, when they see it.

**Please see [Stand4Change](#) Activity options below.**

# Stand4Change 2024 - Classroom Activities

## Activity 1: Kindness Chain



**Grade Level:** Elementary

**Workshop Overview:** This activity is an excellent tool to help students understand kindness, and how their actions impact others. This activity is ideal for younger students, because it provides a lasting visual reminder of the activity and students can work together to continue to add to the chain over time.

**Materials Needed:**

- Construction Paper in a variety of colors
- Scissors
- Glue, tape or stapler

**Lesson Plan:**

1. Cut the construction paper into chain length slips, leaving enough space for the children to write on them.
2. Engage your students in a discussion about kindness. Instruct them to think of kind things that they had done that day, or that others had done for them. Have them write these experiences on their slips of construction paper.
3. Once the students have filled their piece of construction paper with their kindness experience, staple the ends together to form a ring or chain link.
4. Connect each student's kindness ring to create a paper chain of kindness. Each act of kindness is another link in the chain.

5. The kindness chain can be hung in the classroom to serve as an ongoing reminder of the impact that their kindness has on their classmates. Additional links may also be added as students would like to recognize further acts of kindness.

**Post-Activity Discussion:**

Discuss how certain activities or behaviors create feelings inside of us.

- How do we feel when someone does something kind for us?
- How do others feel when we do something kind for them?
- What other kind things can we do for each other?
- How do we feel when we look at the completed kindness chain?

# Stand4Change 2024 - Classroom Activities

## Activity 2: Every Step You Take

(Adapted from Pacer.org)



**Grade Level:** Elementary School/ Middle School/ High School

**Workshop Overview:** Being an Upstander is more than just speaking up for others. Being an Upstander also means understanding that every individual action can come together to create something great. In this activity, students get to look at each individual step that is taken by themselves and their peers to create a better school environment.

**Materials Needed:**

- Cardboard or cardstock (A sturdier paper works best for this activity.) **OR**
- Pre-printed blank footprint/step (*Template available to print, below*)
- Pencils
- Scissors
- Crayons or markers
- Tape

**Lesson Plan/Activity:**

Prior to the activity, engage students in conversation about how a community without mean behavior or bullying would look.

- Focus on actions that students can realistically achieve in their own school
- Create a list of actions suggested during the discussion. Post the list so that students can view it and use it as a guide for their own action step.

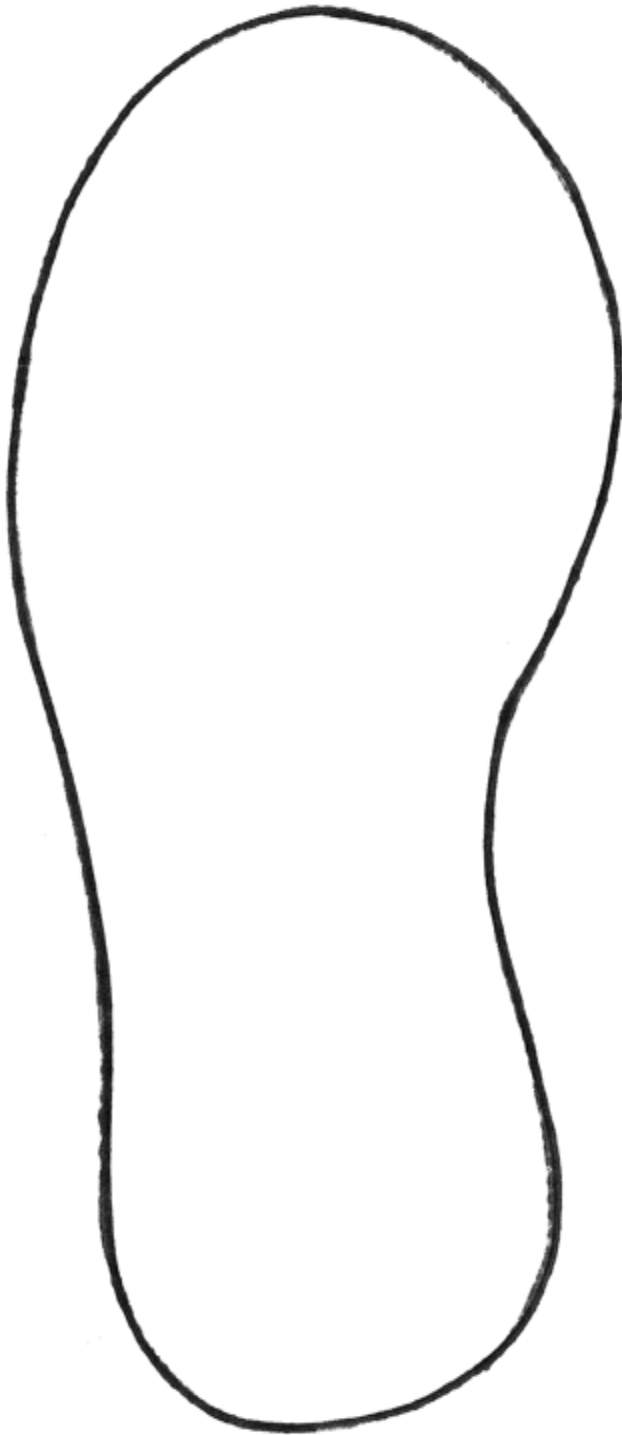
### **Lesson Activity:**

1. Give each student a piece of paper.
2. Ask students to trace the outline of their foot/shoe. **OR**
3. Give each student a pre-printed, blank foot or shoe template. (Printable footprint template available below)
4. Cut out the footstep(s).
5. Instruct the students to write their action step inside the cut out(s).
6. Have each student put their name or initial under the action (optional).
7. Collect the “steps.”
8. Post all the steps, creating a collective path of the individual footsteps on a hallway floor or wall, in the classroom, or even on each riser on a stairway.
9. Invite the students to work together to create a visual of their bully-free world, and post this visual at the end of the footprint path.

\*If more than one classroom is involved, the path could lead from classroom to classroom throughout the entire school!

### **Post-Activity Discussion:**

- How does seeing the path we have created make us feel?
- Does the visual of all of our ideas posted and connected make it feel like this is a realistic goal?
- What other steps could we take to achieve this goal?
- If you were not a student here, and you read the steps that were written and laid out, what would you think?





# Stand4Change 2024 - Classroom Activities

## Activity #3: The Write Around

**Grade Level:** Middle School and High School

**Workshop Overview:** This activity helps students learn to appreciate classmates, while building a sense of community in the classroom.

**Materials Needed:**

- Pre-printed activity page (1 per student...provided below)
- Pen or pencil

**Lesson Plan:**

1. Distribute 1 pre-printed activity to each student.
2. Have students write their name on the line at the top of their activity page.
3. Have students pass their activity page (with their name on the top) to a classmate nearby.
4. Give students a few minutes with their classmates activity page and have them answer **one** of writing prompts on the page. They can respond to more than one sentence starter if they like, and multiple students can respond to one.
5. After a few minutes, ask the students to pass the activity page to another classmate.
6. Repeat as often as desired to fill each student's activity page with completed prompts.
7. Collect the completed activity pages and pass them back to their original owners to be read.

**Post-Activity Discussion:**

- How did this activity make you feel?
- What was your favorite question to answer?
- How do you think people feel reading their classmate's answers?
- What impact do you think this activity may have on your classmates?
- How can your view of something be influenced by others?
- How can we stop rumors and gossip when we hear them?



“The Write Around”

NAME: \_\_\_\_\_

- One idea I’ve gotten from you is . . .
- Some adjectives that describe you are . . .
- I really like your personality because . . .
- I am impressed by the way you . . .
- I know I can count on you when . . .
- I look forward to seeing you because . . .
- I really appreciate when you . . .

# How can we make a change in our schools and communities?

## Be an Upstander!

An **Upstander** is a person who stands up or helps someone in need whether they are a victim of bullying or if they are just being treated unfairly. **Upstanders** recognize that they have the power to make a difference in their school and community.

### Ways to be an Upstander:

- Call the bully out
  - Tell him/her stop.
- Befriend the victim
  - Ask him/her if they are okay.
  - Let them know that you saw what happened and that they are not alone.
- Tell a trusted adult
  - What if I'm afraid to get involved? You can leave an anonymous note.
- Stop rumors and gossip when you hear them, don't pass them on to others.

## THANK YOU!!

Each year Defeat the Label is pleased and honored to come into your schools, classrooms, and even your homes with our **Stand4Change** activities. However, we could not do it alone.

Thank you to The National Education Association and The American Federation of Teachers for sharing our toolkit and information about **Stand4Change** Day.

## In closing...

Please encourage your students to visit [www.defeatthelabel.com](http://www.defeatthelabel.com) and sign up to stay involved!

“LIKE” us on Facebook/Twitter or Instagram.

- [www.facebook.com/defeatthelabel](http://www.facebook.com/defeatthelabel)
- [www.twitter.com/defeatthelabel](http://www.twitter.com/defeatthelabel)
- [www.instagram.com/defeat.the.label](http://www.instagram.com/defeat.the.label)

## Additional Resources

### **Pacer.org**

Founded in 2006, **PACER's** National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage.

### **Stopbullying.gov**

**StopBullying.gov** provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying.

### **Itgetsbetter.org**

The **It Gets Better Project** is a nonprofit organization with a mission to uplift, empower and connect LGBTQ youth around the globe.

***THANK YOU FOR TAKING A STAND  
AGAINST BULLYING!***