



Student Action Plan

Student Action Plan Against Bullying!

Bullying affects everyone. Whether you are the target of bullying, a witness, or the person who bullies, it is something that impacts you, your peers, and your school.

Bullying can be stopped, but it won't just happen. You have to take action and develop a plan that works for you and your situation. This is your opportunity to change what is happening to you, or someone else, and make a difference. Start by creating your own plan to take action against bullying.

What You Can Do

The following steps will help you develop an action plan to address a bullying situation that is happening to you or someone else.

Step 1: Think about the bullying you have experienced, seen, or even done yourself. Describe the situation, including where it happened, who was involved, what happened, and how it made you feel.

Step 2: Then consider how that situation could be different.

Include what you would like to see happen, how things could be changed, and what would help you feel back in control of the situation.

Step 3: Next, think about the steps needed to make those changes happen.

Consider what role you need to take, who would need to be involved, and what they would need to do.

Once you have read through the steps, begin filling in your ideas to "My Personal Plan To Take Action Against Bullying" on page three.

Want Other Ideas to Help Think About Your Plan?

- Review examples on page two.
- Learn your state law. Visit www.stopbullying.gov and link to the interactive map.
- Read the Utah Parent Center Handouts
 - ["Drama: It is happening to you?"](#)
 - ["Tips for Teens: Use Your IEP Meetings to Learn How to Advocate for Yourself"](#)

Want To Do More?

Visit other resource web sites listed on page four.

Utah Parent Center

230 West 200 South
Suite 1101
Salt Lake City, UT 84101
801.272.1051
1.800.468.1160
info@utahparentcenter.org
www.utahparentcenter.org



Student Action Plan

Your Action Plan Against Bullying!

Step 1. Describe the bullying that's happening. Include dates, location, who is involved, and details of the behavior.	Step 2. Describe what you would like done about it. Think about how the situation could be stopped or prevented.	Step 3. What steps can you take to make that happen? Include who could help, what they can do, and what you can do.
Kyla is a 10-year-old girl with Down syndrome. A classmate is making fun of her speech.		
<p>Sometimes, when I talk, it can be hard to understand. When it happens, there is this kid named Jordan that imitates me, and he make a big production out of it. He exaggerates my words and then makes sure that all his friends hear it, and a lot of them laugh. It really hurts and makes me wish I didn't have to go to school.</p>	<p>I don't want to get anyone in trouble, I just want him to stop. It's hard when it feels like people are laughing at me because of something I can't control. I want to say something to him but it's not easy to do. I wish one of the other kids would stick up for me. Maybe I could talk with some of my friends and see if they would support me when this happens.</p>	<p>I am going to talk with my mom and ask her for her ideas. I am going to ask her if we can go to my teacher together and let her know what's been happening. My friend Karla is someone who is always at my side. I am going to ask her if I can talk with her anytime when I'm feeling bad. When I feel ready, I want to prepare myself to say something to Jordan, but in the meantime I am going to remember that I have many people who care about me.</p>
Nate is a 16-year-old boy who is tired of seeing his classmate Jack get harassed because of the way he walks.		
<p>Sam keeps calling Jack a "spaz." Everyone hears it, but nobody says anything. Sam thinks it's funny. Jack does walk differently, but it's because he has cerebral palsy, which affects how he moves.</p>	<p>Sam shouldn't use that word because it's offensive. I could talk with Jack about how he thinks I could help. Or maybe I could ask our teacher to talk about how words can impact the way we view people. I can say something to Sam, but it would need to be something that wouldn't make things worse for Jack. I could encourage others to say something, too. No one deserves to be treated that way.</p>	<p>I should talk with my guidance counselor and ask him what he thinks of my ideas. I could also ask him if there is anything we can do in class to show how much words can hurt others. If I can make a difference for Jack, then maybe others will figure out they can do something, too.</p>



Utah Parent Center
Special needs, extraordinary potential

Student Action Plan

My Personal Plan To Take Action Against Bullying

Step 1. Describe the bullying that's happening. Include dates, location, who is involved, and details of the behavior.	Step 2. Describe what you would like done about it. Think about how the situation could be stopped or prevented.	Step 3. What steps can you take to make that happen? Include who could help, what they can do, and what you can do.

Utah Parent Center

230 West 200 South
Suite 1101
Salt Lake City, UT 84101
801.272.1051
1.800.468.1160
info@utahparentcenter.org
www.utahparentcenter.org



Utah Parent Center
Special needs, extraordinary potential

Student Action Plan

Bullying Website Resources

For more resources on bullying, please visit:

www.utahparentcenter.org/resources/bullying

www.pacer.org/Bullying

www.pacerkidsagainstbullying.org

www.pacerteensagainstbullying.org

<http://specialneeds.thebullyproject.com>

www.stopbullying.gov

Utah Parent Center

230 West 200 South
Suite 1101
Salt Lake City, UT 84101
801.272.1051
1.800.468.1160
info@utahparentcenter.org
www.utahparentcenter.org

Adapted from PACER'S National Bullying Prevention Center with
permissions, PACER Center, Minneapolis, MN, 2014. PACER.org/Bullying
Utah Parent Center