Ideas for Launching Your “No Bullying and Hazing” Efforts

Many schools launch their school wide campaigns with pep rallies, poster contests, talent shows, dance flash mobs, banner and pledge signing, and other creative ideas. Teaching Tolerance dedicated Tuesday, October 30 as National Mix It Up Day. This is an example of a fun and easy activity for schools. The following scripts could be read during morning announcements:

**Sample scripts**

**Monday – Principal**
Good morning! We here at XXX school are committed to creating a school where everyone feels welcome, but we can’t do it alone. The truth is that you students can accomplish that. I’m challenging each of you to end bullying by doing one act of kindness for someone at our school. It’ll make a difference.

**Monday – Student Readers**
Hey everyone, you heard the challenge. We’re celebrating National Mix It Up Day tomorrow (October 30). We’re going to Mix Up things up around here. Wear a Mixed Up outfit during the day. At lunch we’re going to Mix It Up by sitting at a different table than we usually sit it. But the key is, you have to talk to someone new!

**Tuesday**
Hey, hope you all remembered to Mix Up your outfits today for our Mix it Up Day. I saw some awesome outfits this morning. Remember at lunch to Mix Up your seats and talk to someone new.

**Wednesday**
Yesterday’s Mix It Up Day was loads of fun. I made some new friends and hope you did too. We did this because we want to make a statement against bullying at our school. This is our school. We can end it if we want to. If you see it, call it. This is a “no-bully” school. Peace out.

**90-second reflections for in-class journaling or discussions:**
- Stop and think. Words can hurt.
- Pay it forward – do something kind today
- “No one can make you feel inferior without your consent.” *Eleanor Roosevelt, 1937*
- “You have to be unique, and different, and shine in your own way.” *Lady Gaga*
- “Do not allow people to dim your shine because they are blinded. Tell them to put on some sunglasses, cuz we were born this way!” *Lady Gaga*
- Stand up for what you believe in, even if it means standing alone.
- Bullying is cruel. Don’t act like a fool.
- If you see it, call it! Stop the hate, stop the bullying.
- “Write injuries in dust but kindnesses in marble.”
- *Persian Proverb*
- Bullies tear down. Friends build up.