The Week of October 9th

Make Friends With Someone You Don't Know at School

- If you've ever been isolated from others at school or you were new at school and it took time to make friends, you know what it feels like to be left out. Or even if you were never isolated, imagine how it would feel.
  - Make friends with someone at school who you don't know. You probably wish someone had done that for you.
    - Be a leader. Take action and don't let anyone at school be in isolation.

Challenge Others To Be Kind

- Make kindness go viral with an act of kindness and challenge friends and classmates to pay it forward with their acts of kindness.

The Week of October 16th

STAND UP for Others Week

- When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims.
- If you don't feel safe get the help of an adult immediately. Be part of the solution -- not the problem!
- It's a time to see everyone's differences and celebrate their similarities: Whether students are LGBT, African American, Asian, Muslim, or disabled ...make friends.

The Week of October 23rd

Week of Inclusion

- Don't let anyone at school eat alone in the cafeteria or on a school field trip. Make it the week of **#NOONEEATSALONE**
  - Include other students in school activities
  - Include other students in after school activities
- At one point or another each of us has felt insecure, or stressed out, or alone. It is important to remind our friends and classmates that we are all in it together and we are there to listen and support each other.
- Use the hashtag **#HereForYou** on social media to let your classmates know that they have your support and a person to reach out to if they ever need to talk.

The Week of October 30th

Start the Week With Conversations Amongst Your Peers

What can **YOU** do to end bullying at CMIT-South?

Brainstorm ideas with your classmates to determine what actions need to take place to end bullying.