HOMEROOM ANTI-BULLYING WORKSHOP
Act to Change has partnered with designer, TV personality, and author Tan France to host a series of anti-bullying workshops for youth in middle and high schools across the United States.

Outlined below is a structure that can be used with students to facilitate discussion around bullying in schools and how they envision change to create sustainable anti-bullying and inclusive environments on their campuses.

The script was created to be delivered within a 1-hour block of time, but can be broken up into separate sections delivered independently for more in-depth conversation, such as a series of discussions over an extended time period.
The first thing I’d like to do is establish a few norms for our time that I will hold myself to and ask that you all do so as well.

- **Please respect confidentiality:**
  Feel free to share anonymous experiences, and do not call out any individuals during the session. Everyone please keep what’s shared private.

- **Lean into discomfort:**
  Let’s be willing to take on challenging topics or experience discomfort as we grow and want to be truthful about improving ourselves or our school.

- **Feel free to correct, and correct gently:**
  If something said is incorrect or offensive, politely address what was said, focus on sharing learning. I’d also like to establish that today’s discussion is a Safe Space. Let’s hold back judgement and share without fear of repercussions.
VISION BUILDING

Goal: Identify what the current school environment is like and what the students envision for the school.
Time: 10 mins

- How would you describe what it feels like to be in class or at school, does the culture feel like a safe, inclusive and anti-bullying environment?
- What happens or occurs when there is an infraction or violation against the safety, inclusiveness of the school culture? For example, when a student is bullied, or there is an ignorant remark made.
  - Remember that if you see bullying, or note changes in behavior, you should report that to school administration or teachers who you know are able to follow up on it.
- What do you envision as a safe and inclusive school?
- What would be different or need to be true to make your school safe, inclusive and anti-bullying?

IDEATION & PROBLEM SOLVING

Goal: Identify how the school can improve
Time: 15 mins

- What current systems need to be changed so that your vision of a safe, inclusive and anti-bullying school can become more within reach?
- What strengths do you, the students, or the school have that can be leveraged to improve the school?
- How can we take our time and what we discussed today and share it amongst your peers?
Thank you so much for engaging in this discussion with me about your vision to make your school safer, and more inclusive, and anti-bullying. I found it so interesting and am inspired by your passion and optimism to act to change.

Now in our final 15 minutes, we have the opportunity to do a Q&A. What questions might you still have for me?

The following resources are available on our website:

- Anti-bullying resources
- Racism Is A Virus Toolkit
- COVID-19 Resources To Fight Bullying And Hate

Taking a stand against bullying can be quick and easy. Take the Act To Change Pledge to never bully others, and always stand up against bullying.