

# HOMEROOM ANTI-BULLYING WORKSHOP

ACT  CHANGE

## WORKSHOP DESCRIPTION

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.

# INTRODUCTION

**Goal: Establish a safe space for the students to share.**

**Time: 5 mins**

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?

## Q&A

**Goal: Give students the opportunity to ask questions**

**Time: 15 mins**

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?

## RESOURCES

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.