

# World Bullying Prevention Month



Have you ever watched the movie or read the Dr. Seuss book "Horton Hears a Who"? In the story, Horton the elephant encounters a speck of dust floating through the air. Through the dust, he hears one resident of "Whoville" share how they are facing destruction. The Whos are trying to make themselves heard by yelling and screaming, but it isn't working.

Frantically, the mayor runs through town, searching high and low for anyone not making noise. And "just as he felt he was getting nowhere, and almost about to give up in despair," he encountered little Jo-Jo, a young man who was not adding his voice. The mayor takes Jo-Jo to the highest part of the town, shows him the people, and tells him: "Open your mouth. For every voice counts!" And, though Jo-Jo was small, his voice caused the Whos to finally be heard and their lives were spared. One voice can make a difference.

While that story is fiction, it has a moral for all of us. Speak up. Your voice matters. With your voice you can choose to lift others up or your voice can defend others. With your voice you can make a difference.

October is World Bullying Prevention Month. On October 3, we asked students and staff to wear blue to show their support for making our school a safe and welcoming place for all students.

## Here's how students can help everyone feel welcome at our school:

1. Ask other students how their day is going
2. If a student is by themselves, ask them to join your group
3. Give another student a compliment
4. Make it your goal to make another person's day better by doing something kind
5. Treat others the way you would like to be treated
6. Respect the differences you see in other students
7. Be kind to other students
8. If you see another student treating another student unkindly, say something

## What steps should you follow if someone is not being kind to another student?

1. Ask the person to stop.
2. Walk away.
3. Avoid showing hurt or anger.
4. Talk to an adult who can help: a teacher or parent.
5. Rehearse what you could say next time.
6. Stick up for others and ask them to stick up for you.

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