- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures

Step 1: Watch Video

Now that you know a bit more about the different forms of bullying, it's time to gather up a group of friends or the whole community to learn more about bullying and how to prevent it. The size of the group does not matter, every person can make a difference.

We have included a link to the Cartoon Network "Speak Up" bullying prevention documentary, and guidance questions to help you host a meaningful discussion about the video, bullying and how to stop it. The Federal Partners in Bullying Prevention hopes that this video acts as a starting point for engagement among our youth and helps to bring about a necessary change of decreasing bullying.

➔ "Speak Up" bullying prevention documentary:

Step 2: Discuss It

After watching the video, start a dialogue with a group. Talk about the video and your personal experiences.

Here are some questions you and others can talk about to guide your discussion:

1. Have you or anyone you know ever encountered bullying? What kind was it? Can you relate to anyone in the video? Did you experience something similar to someone in the video?
2. Where do you feel like most bullying happens?
   a. If it happens in school, do you feel like it changes the environment at school? Why or why not?
   b. If it happens outside of school, where does it happen the most, and does that make it easier or harder to deal with than in a school setting? Why?
3. Why do you think people pick on each other for what they look like?
4. What do you think most people do when they see bullying? Why?
5. When bystanders get involved in situations of bullying, what do you feel works or doesn't work?