Nice it Forward

**GOAL:** Learn how you can use social media in a positive way to fight bullying.

Kevin Curwick, a high school football player from Osseo, Minneapolis, was tired of the bullying he was seeing in his school. He decided to use social media in a positive way. He started a Twitter account and simply tweeted nice things about fellow students in his school. It has had a very positive impact on his school and community. This ***Nice it Forward*** movement has caught on, and anti-bullying Twitter accounts have popped up all over schools around the United States.

Many times students don’t know what to do about bullying in their schools. This type of positive action can let those in the school who are being bullied know that they are not alone and it encourages those in the school and community to be nicer to each other.

Work with a friend to come up with a way, using a type of social networking, that you can help combat bullying in your school and community.

**Here are some ideas:**

*1) A Twitter account and special hashtags (e.g., #endbullying).*

*2) An email system where students can ask questions about being bullied and other students can answer.*

*3) A Facebook page dedicated to stopping bullying at the school.*

Talk to your school, the principal, a teacher, the school psychologist about putting your plan in action.

**Remember: These ideas are meant to stop bullying and help victims. Never use these ideas to bully others or put others down**.

**Ideas given by students like you!**

* Create a **Twitter account** where students can message the account and share things they have seen throughout the day such as **good deeds, compliments, or standing up for someone being bullied**
* **Instagraming** new anti-bullying pictures, positive quotes with hashtags that send positive messages
* **#everyoneisequal**
* **Talk** about bullying more often and openly at school
* The school could start an **afterschool program** to let kids know they can go to teachers and other students for help or talk about things and let them know they do not have to be shy
* Maybe students who have been victims of bullying or have experience through family members being bullied could **speak in front of the school**
* **#don't judge**
* Use a **blog site** to post nice thoughts, hashtags, special messages, peace pictures
* Tell people **don’t be scared, speak up**
* A **chat system** for students who are being bullied
* Set up a website with **positive messages** for anyone. On that website put an anonymous messaging system to send positive messages to friends
* Make up a **Twitter account** against bullying. In the description, there is a special link you can go to. It will lead you to an anti-bullying website where people can ask questions about bullying or report things that you saw
* Create a Facebook/twitter account where students form your school can send messages and tweet/**post quotes or things that when read can make you smile**
* We could have a Facebook page where people **write about their bullying experiences**
* Have a **counselor** open to talk about bullying
* **Advice column** in the school newspaper
* **A bullying hotline** so kids can call and get advice from another kid/parent about what to do in their case
* A group at school made up of kids that **come up with ways to keep people aware of bullying** and try to prevent it
* **Texts from the school** that students get to share **good things/achievements** about other students
* Make a new **class about bullying**, telling everyone what it can actually do
* Have a **whole week dedicated to bullying**
* Give at least **5 compliments a day** to different people
* A **bully hotline where the victim can text** a specific number and it will go to the school so the bully will never know who it is
* When people hear that someone is bullied**, post kind and encouraging posts on the victim's Facebook or twitter account**
* Maybe do a **week long, school wide, anti-bullying "workshop**". Students can become informed about types of bullying, what to do if you see someone being bullied, what to do if you are getting bullied, trust activities, do activities and bond
* **Freshman friends club**
* A **challenge in homeroom** every day to nice it forward
* A website where kids can **anonymously post their experiences with bullying** and how they coped and where other kids can ask for advice
* One person sends a Facebook message with a compliment to someone and they have to **pass it on** to another Facebook user