



MSD of Martinsville

BULLYING PREVENTION MONTH

ARTESIANS CHOOSE KINDNESS October 2026



CHOOSE TO BE KIND

October is National Bullying Prevention Month, and this year, the MSD of Martinsville is focusing on the power of kindness.

Bullying can leave people feeling isolated and helpless, but each of us has the power to make a difference. It starts with a simple choice: the choice to be kind.

- A kind word to someone who looks lonely.
- A helping hand to a friend who is struggling.
- A courageous act of standing up for someone who is being picked on.
- An invitation to include someone who may feel left out.

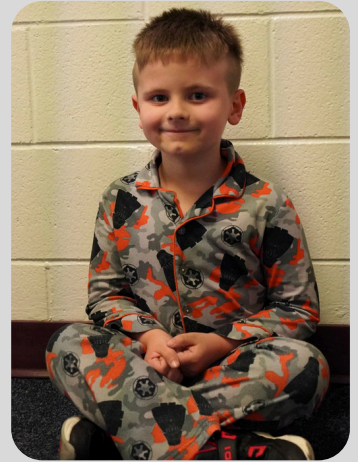
Small acts of kindness can create a powerful ripple effect, helping transform our schools and communities into safer, more welcoming, and compassionate places for everyone. This month, the MSD of Martinsville challenges our entire school community to be part of the solution.

Choose kindness. Be the difference.



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CHOOSE
kindness



INDIANA CODE REGARDING BULLYING

Under I.C. 20-33-8-0.2, bullying is generally defined as overt, unwanted, repeated acts or gestures—including verbal or written communications, images, digital/electronic communications, physical acts, aggression, or similar behavior—committed with the intent to harass, ridicule, humiliate, intimidate, or harm another student. The conduct must create an objectively hostile school environment, such as causing reasonable fear of harm, substantially affecting physical or mental health, interfering with academic performance, or interfering with participation in school activities.



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BE A HERO: STAND UP, DON'T STAND BY

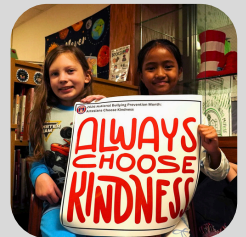
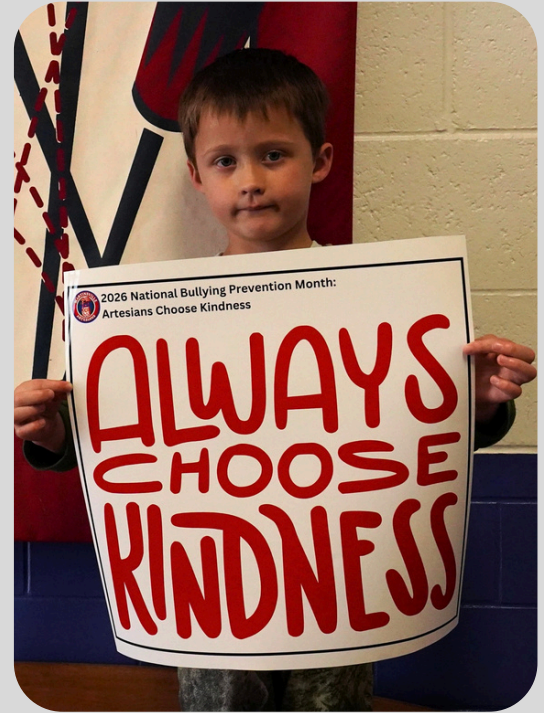
When bullying happens, it can be tempting to look the other way or think, "It's not my problem." But when bystanders stay silent, bullying can continue.

This month, we're challenging everyone to be a hero—and a hero doesn't need a cape. A hero is someone who chooses to stand up, not stand by.

When someone is being targeted, there are many ways to make a difference. Tell a trusted adult. Speak up when it's safe to do so. Offer support to the person being bullied. Even a simple act of kindness can remind someone that they are not alone.

It takes courage to be an upstander, but one voice and one action can make a powerful difference. By choosing to stand up for others, we can help stop bullying and create a school community built on kindness, respect, and belonging.

This month, be an upstander. Be a champion for kindness. Stand up, not stand by.



CHOOSE
kindness

WHAT IS BULLYING?

Bullying is aggressive behavior that is intentional and involves an imbalance of power and strength.

Bullying can take many forms such as hitting, threatening, teasing, name-calling, excluding from a group, sending mean notes, emails, texts, or Facebook messages.

Verbal bullying is the most common. Boys are likely to be physically bullied, and girls are more likely to be the targets of rumor spreading and sexual comments.



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KINDNESS IS
CONTAGIOUS



THE IMPACT OF BULLYING

Did you know that 1 in 5 students ages 12–18 report being bullied? Bullying is more than a difficult moment or a bad day—it can have lasting effects on a student's well-being, confidence, and sense of belonging. Students who experience bullying are at greater risk for challenges such as depression, anxiety, and sleep difficulties, and the effects can sometimes extend beyond the school years and into adulthood. That's why every act of kindness matters. A welcoming smile, an encouraging word, or simply making someone feel included can have a meaningful impact. By choosing kindness and treating others with compassion and respect, we can help create schools where every student feels safe, supported, and valued. Kindness makes an impact. Together, we can make that impact a positive one.

Choose
KINDNESS

THE POWER OF AN UPSTANDER

Bullying often happens in front of an audience. In fact, in 80% of bullying situations, a peer is a bystander. But here's the powerful part: when a peer intervenes on behalf of the person being bullied, the bullying stops within 10 seconds over half the time (57%). A person doesn't have to be a superhero to stop bullying. By choosing to be an **"upstander"** and speaking up, a person has the power to change someone's day—and their life.





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just be
KIND



IN THIS WORLD
WHERE YOU CAN
BE ANYTHING
BE KIND

EFFECTS OF BULLYING

Bullying can impact a student's emotional and physical well-being, leading to feelings of anxiety, loneliness, low self-esteem, and even physical symptoms.

Choose kindness. Help others feel safe, valued, and included.

ALWAYS
CHOOSE
KINDNESS

SMALL ACTS, BIG IMPACT: KINDNESS IN ACTION

It doesn't take a grand gesture to make a difference. Something as simple as holding a door open, sharing a compliment, or asking someone how their day is can have a huge impact. *These small acts of kindness show that others are seen and valued.* This October, challenge yourself to incorporate more small acts of kindness into your daily routine.

Every little bit counts.

Be
kind

WHAT IF THE BULLYING DOESN'T HAPPEN AT SCHOOL?

- Bullying can happen anywhere—in neighborhoods, sports, youth groups, or online. No matter where it happens, speak up and tell a trusted adult, such as a parent, coach, teacher, youth leader, or minister.
- We all have a role to play in creating safe, welcoming spaces where every child feels respected, supported, and included.
- Wherever bullying happens, kindness and courage can make a difference.





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ARTESIANS Choose Kindness

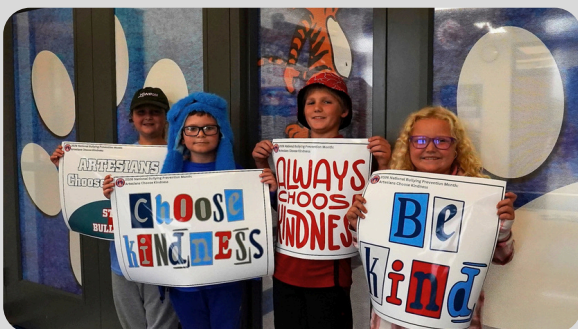
LEND A HAND, YOU CAN HELP!

- When you see someone being bullied, ask yourself, "What can I do to help?" Think about how you would feel if you were in their shoes.
- You don't have to be a close friend to lend a hand. Offer support, include someone who feels left out, or tell a trusted adult.
- You don't have to confront a bully to make a difference. If you don't feel safe, get help.
- Creating a safe, kind, and welcoming school community is everyone's job.

KINDNESS IS
CONTAGIOUS

DEALING WITH A BULLY

- Tell a trusted adult. You don't have to handle bullying alone.
- Stay confident. Keep your head up, stay calm, and walk away when you can.
- Stay connected. Spend time with friends and people who make you feel supported.
- Get involved. Join activities, clubs, or groups you enjoy.
- Don't fight back. Fighting can make the situation worse. Instead, walk away and get help from a trusted adult.





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just be
KIND



WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

- Talk to an adult you trust.
- Walk away confidently.
- Make eye contact.
- Try to make friends with other students.
- Get involved in activities you enjoy. Bullies tend to not pick on people in groups.
- Don't fight back. Doing so can sometimes make it worse.



KINDNESS
Changes
EVERYTHING

WHAT CAN YOU DO IF YOU SEE BULLYING?

Lots of things! Think about what may work for you.

- Refuse to join in.
- Walk away when bullies begin. They thrive on attention, and if you refuse to give it to them, they often stop.
- Report bullying to an adult.
- Speak out, "Leave her alone."
- Say something! Say you don't like it and that it isn't funny.
- Don't bully back! It won't help if you use mean names or actions. It could make things worse.





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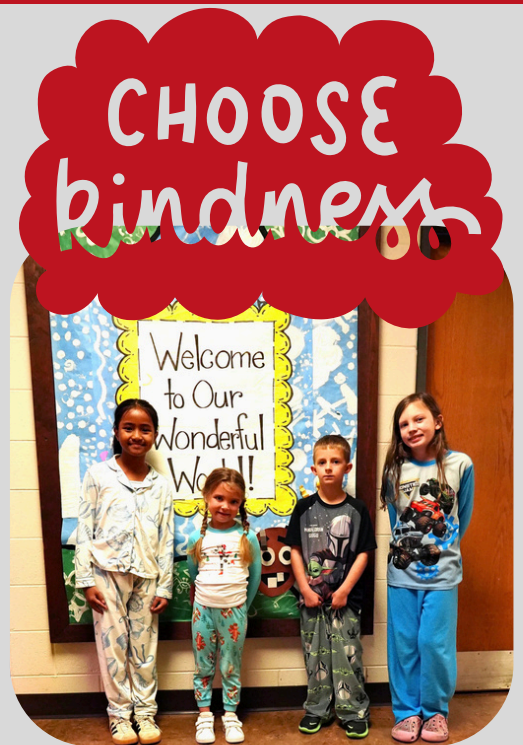


IT STARTS WITH YOU: A CALL TO KINDNESS

You have the power to **set the tone** for your school and community. When you choose to be kind, you lead by example.

Show others the power of respect, empathy, and compassion. **Don't wait** for someone else to make the first move; be the person who **reaches out**, **speaks up**, and **inspires** others to choose kindness, too.

Be the example. Lead with kindness.



THE KINDNESS DOMINO EFFECT

Imagine a line of dominoes. When the first one falls, it sets off a chain reaction. Kindness works the same way.

When one person chooses kindness, it can encourage another, and then another, until an entire community is connected by a shared commitment to compassion.

Let's work together this October to create a domino effect of kindness that makes our community a safer, more welcoming place for all.



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PLEDGE TO STOP BULLYING

This contract will be a record of your commitment to reduce bullying at school. Read each item carefully. Then choose whether you want to sign this pledge. If you decide that you want to help stop bullying, print your name on the line below and then sign the bottom of the sheet in the space provided. By doing so, you are making a promise to your peers and your school. We congratulate you on this important decision!

I, _____, wish to do my part to keep bullies out of our school.
(Print your first and last name here.)

I agree to:

- Do my best to treat ALL my peers with respect and dignity.**
- Not isolate, threaten, or harm my peers, or hurtfully tease, exclude, insult, or mock them.**
- Try to prevent or discourage my peers from humiliating, threatening, isolating, or harming others.**
- Try to assist any student who is being mistreated, for the simple reason that it is wrong to be unkind to another human being.**
- If I am comfortable doing so, inform my parent/guardian, teacher, or school administrator when I learn about or see hurtful behavior.**

Signature

Today's Date

STOP
BULLYING
STANDUP.SPEAK OUT



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PLEDGE TO BE KIND

At the MSD of Martinsville, Artesians are known for pursuing excellence — not just in learning, but also in kindness, respect, and care for others. As part of the MSD of Martinsville's Kindness Campaign, the District commits to standing together against bullying.

I, _____, want to do my part to keep bullying out of school.
(Print your first and last name here.)

I promise to:

- Treat all classmates with dignity, respect, and kindness.**
- Choose words and actions that lift others up, instead of putting others down.**
- Refuse to bully others or allow bullying to continue around me.**
- Speak up and support my peers by discouraging hurtful behavior whenever I see it.**
- Reach out to anyone who feels excluded, mistreated, or left out.**
- Share concerns with an adult, teacher, or administrator if I witness bullying or unkindness.**

Artesians stand against bullying. I will do my part to make Artesians stand for kindness!

Signature

Today's Date

