

**SPEAK UP!**



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# What is SPEAK UP?

- Campus wide movement to create a culture of kindness and safety for ALL Muir students.
- When things get to be too much, TALK TO AN ADULT!
- Phone, email, in person, anonymous drop boxes, BUSD website.
- Speak up about what?
  - Unkind behavior
  - Mental Health
  - Friendships
  - Social Media

# What is bullying?

- There is an imbalance of power.
- The mean behavior happens over and over again.
- The person means to be means.

# Types of Bullying

- Verbal
- Social
- Physical
- Cyber

# I'm ready to SPEAK UP, now what?

- If you witness bullying, unkind behavior, or you are just worried about a friend, you can...
  - Talk to your parents or trusted adult.
  - Report to a teacher, counselor or administrator at school.
  - Email or leave a voicemail for an adult at school.
  - Leave an anonymous note in the green box in the nurses office.
  - When in doubt...ASK!

# How can I participate?

- Week 1- SPEAK UP Post It Note
- Week 2 – Muir Time Poster Decoration Contest
- Week 3 – Assembly and Chain of Unity... Students can each write their plan for kindness and we'll link them together!
- Week 4 – Give kindness a shout out! Students will have the opportunity to write letters of kindness to friends, teachers, and staff.