

# PINK SHIRT DAY

bullying stops here



***SPEAK UP***  
*Stand together*  
**STOP**  
**BULLYING**

**Specific problem:**

**WHAT CAUSES BULLYING?**





SOCIAL

# 10 CAUSES OF BULLYING



Powerlessness



Being bullied  
by others



Jealous or  
frustration



Lack of  
acceptance



Lack of  
empathy



Seeking  
attention



Homelife with  
arguing adults



Need for  
control



Bad behavior  
rewarded



Can't regulate  
emotions



American Society for the Positive Care of Children

[americanspcc.org](http://americanspcc.org)  
The Nation's Voice for Children





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## Snowball Activity

*The Snowball Toss is a great way to open discussions around mental health, compassion, understanding and supporting others*

1. Ask your students to choose one of the causes of bullying (*previous slide*) or one they feel strongly about that isn't listed.
2. Write it down on a piece of paper and scrunch it into a ball. Then have them throw it into a container at the front of the class.

*This is an anonymous activity*

3. Once all snowballs are in, open them up one at a time and read them to the class. Ask the students what they notice? Any surprises? Was there a cause that was chosen more than the others? How do they relate to each other?

*You can do this in a class talking circle or in pairs*



What can **WE** do about it?



## 6 Social Process Student template



Solving problems is something that we do on a daily basis  
but do we really know what we are doing?

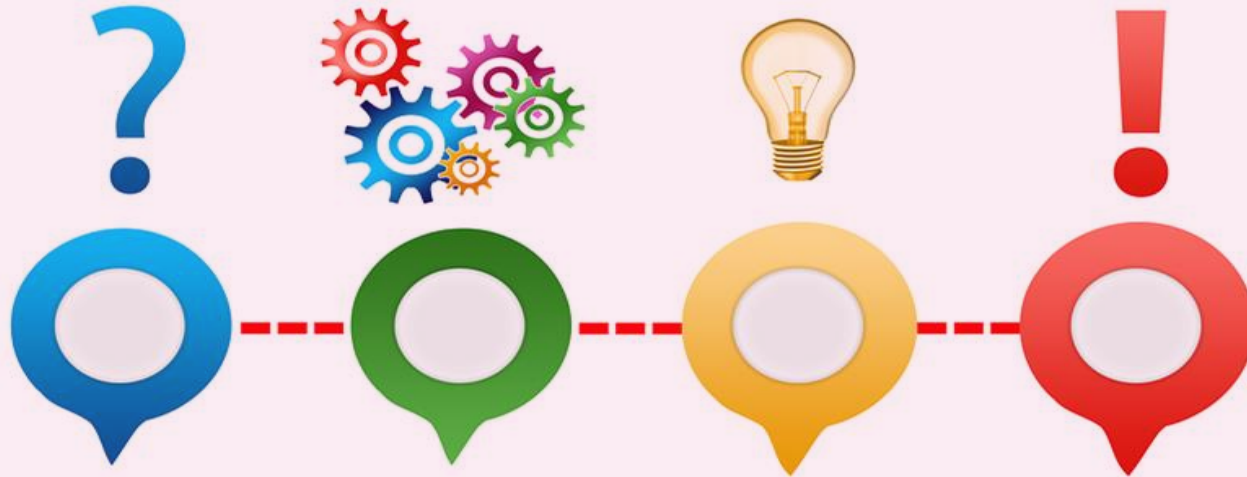


Very often we jump to the first solution that arises before we actually understand the problem itself





Taking the time to understand the steps to problem solving, starting with validating the problem, is vital to being an effective problem solver



Year after year, students across Canada learn about  
how harmful bullying is on Pink Shirt Day  
But the problem keeps getting worse...  
We need fresh insights into what's causing bullying  
and how to take

**ACTION**





# State the Problem

Add an image or sound to show what your problem looks like

The hardest part of my problem is...



# Problem Statement

Add an image or sound to show who or what is affected by this problem

The people, place or thing that is affected by this problem are the...



# State the Solution



Add an image or sound to show what your solution looks like



My solution is to ...



# Solution Validation Prompts

3 key features of this solution are:

1)

2)

3)



# Solution Validation Prompts

An example of experiencing the problem is...

Some of the solutions that have already been tried are...

# Create a Solution Statement



- The solution we recommend is to
- It addresses the core of the problem by
- The people, places or things that need to be involved in helping with the solution are





# **Making my Solution concrete**

**My first step to accomplish this solution is..**

**One step in the middle of my solution is...**

**Another step in the middle of my solution is...**

**I will know that I will have reached my solution goal when...**

# CALL TO ACTION



Add an image or sound to show what your call to action looks like

People can help with my solution by...





# Personalized Community Outreach Guide: Part 2

## 1) Personalized problem statement:

*Describe the problem with emotion & make it relatable*

*The statement must get people's attention, you can include a personal story or other important information.*

*Why is this a problem?*

# Personalized Community Outreach Guide: Part 2



## 2) Solution statement:

*A personalized intro for the solution (why does this matter to you)*

*Why will this solve your problem?*

*Give a description of the people, places or things involved in your solution*





# Personalized Community Outreach Guide: Part 2

## 3) Personalized Call to Action:

*Who could help with your solution?*

*What are some of the first steps that people can help with?*



# Personalized Community Outreach Guide: Part 3

## Elevator Pitch:

*How can you share your problem and solution statement with your call to action in a brief and strong way?*

Share your  
**CALL TO ACTION**