

Prevention Program Overview

Program: **Speak Up, Stand Tall- Elementary**

Program Objective

Speak Up, Stand Tall is an interactive bullying prevention program that utilizes discussion, movement-based activities, and role-playing to engage students in understanding the difference between bullying, conflict, and kindness while developing practical skills for creating a safe and inclusive school environment.

- Understand the definition and characteristics of bullying
- Identify the differences between bullying, conflict, and acts of kindness.
- Recognize the emotional impact bullying can have on others.
- Practice positive ways to respond when they witness bullying or exclusion.
- Learn how and when to seek support from trusted adults.

Program Summary

Sessions	One
Population	Appropriate for 1st- 5th grade students
Education	<ul style="list-style-type: none">• Define types of bullying - physical, verbal, social, and online• The difference between bullying and normal peer conflicts.• The importance of kindness, inclusion, and respect.• How words and actions affect the feelings and well-being of others.• The role of trusted adults in maintaining safety and support.• Peaceful conflict-resolution strategies and effective communication skills.
Activities	<ul style="list-style-type: none">• Kind Words vs. Hurtful Words discussion activity.• Is It Bullying, Conflict, or Kindness? movement-based classification game.• Interactive analysis of real-life school scenarios.• Peace Path Role-Play exercises that practice problem-solving and communication skills.• Guided reflection on ways students can create a positive school environment.
Skill	Students build protective social-emotional skills that help prevent bullying and promote positive peer relationships. They learn to communicate respectfully, recognize unsafe or hurtful behaviors, stand up for themselves and others, include peers who are being left out, and use problem-solving strategies to resolve conflicts.