



Teacher Starter Pack

Teacher Starter Pack — Safe School Program. Print this pack and keep it with your class materials. It gives you the pledge, a simple reporting slip, and five classroom activities to start with.

1. The Anti-Bullying Pledge

Adapted from the PLEDGE page on this site (safeschoolprogram.com/primary-k-3-exercises-pledge/).

1. Ask each student to write a positive phrase about respectful interaction on a separate piece of paper.
2. Collect the phrases in a box, then read them aloud.
3. Arrange the phrases together, as a class, to form your class pledge.
4. Once the pledge is finalized, have all students sign it.
5. Read the pledge together and discuss it again each month, so it stays part of everyday classroom life.

Tip: Display the signed pledge where students can see it every day.

2. Reporting Slip — Photocopy This Page

Use this slip, or your school's own reporting form, whenever a student wants to tell a trusted adult about bullying. Remind students often that telling a trusted adult is the right thing to do, and that reporting bullying is not tattling.

Date: _____ Your name (you may leave this blank if you prefer): _____

Class/Teacher: _____



What happened? _____

Where did it happen? _____ When? _____

Who was involved? _____

Did anyone see it happen? _____

What would help? _____

Trusted adult I gave this slip to: _____

3. Five Classroom Activities to Start With

These five activities are adapted from existing exercises on this site, with credit to each page. Full worksheets and downloads are on the pages linked below.

Activity 1 — Tattling or Telling?

From: Exercise — Tattling (safeschoolprogram.com/primary-k-3-exercises-tattling/)

- Teach the difference: tattling means getting someone into trouble; telling means informing, making known, and speaking up.
- Explain that reporting a bullying situation is not getting someone into trouble — the bully's own behavior is what caused the problem.
- Discuss fictional scenarios together, and ask students to decide: is this tattling, or is this telling?

Activity 2 — Speak Up!

From: Exercise — Speak Up! (safeschoolprogram.com/primary-k-3-exercises-speak-up/)

- Goal: help students express how they feel in any situation, so they can react appropriately.
- Day 1: Discuss feelings — happy, sad, angry, mad, and more.
- Day 2: Discuss mean words and acts, such as being left out of a group, whispering, and gossiping.
- Days 3–5: Set up role-playing groups. Each group writes a scenario, or uses an example such as being left out of a group, presents it to the class, and the class discusses it together.

Activity 3 — Sharing



From: Exercise — Sharing (safeschoolprogram.com/primary-k-3-exercises-sharing/)

- Each student brings in three pictures showing acts of sharing, from family photos or magazines.
- Build a class collage or mural from the pictures, so students can see the connection between sharing and kindness.
- When the mural is complete, hand out certificates.
- Follow up: ask each child to choose a favorite sharing activity from the mural to practice at home or at school.

Activity 4 — Bystanders: Help-O-Meter Freeze Game

From: K-2 – Bystanders (safeschoolprogram.com/k-2-bystanders/). Type: Movement + Quick Discussion.
Time: 10–15 minutes.

1. Place three picture cards on the board: Help, Get an Adult, and Walk Away With a Friend.
2. Explain that people who see unkind things happen are bystanders, and bystanders have choices.
3. Students spread out. When the music begins, they walk or dance around.
4. When you say “Freeze!”, hold up a scenario card, such as: “Someone says something mean to your friend,” “Someone won’t let another kid play,” or “Someone accidentally drops their crayons and looks sad.”
5. Students run to stand under the card that shows what a helpful bystander might do.
6. Briefly discuss why that choice helps. Ask: “How does helping someone make you feel?” and “When should you get an adult?”

Activity 5 — Respect: True or False?

From: Exercise — Respect (safeschoolprogram.com/primary-k-3-exercises-respect/)

- Each student fills out the respect questionnaire on the page.
- Students circle “T” for True or “F” for False for each statement.
- Hold a class discussion about their answers, and talk through what respectful behavior looks like in everyday situations.

Where to Go Next

Start with the 30-day plan on the Start Here page (safeschoolprogram.com/start-here/), and explore more exercises by age group: Primary K-3, Intermediate 4-6, and Middle/High School 7-12.

