

Student Guide to “Speak Up” (a bullying documentary)

Students should complete this activity while watching the 25-minute “Speak Up” program on the Cartoon Network Web site. Go to <http://www.cartoonnetwork.com/promos/stopbullying/index.html> and on the left side, look for the link to the “Stop Bullying: Speak Up Special.”

Part 1: Your teacher will assign you one or more young people to whom you pay special attention during the video. While listening to these youth speak, make a hatch mark every time you hear something that suggests a specific type of mental and emotional impact from bullying. (For example, if Ian said two things that indicate he feels helpless, there should be two hatch marks in Ian’s “feeling helpless” column.) For your assigned young person/people, your teacher might also ask you to write down one actual comment (quote) that really shows the impact of bullying on that person.

Name	Mental and Emotional Impact					Sample Comment
	<i>Feeling Helpless</i>	<i>Feeling Alone</i>	<i>Avoiding School</i>	<i>Feeling Anxious/Nervous</i>	<i>Having Low Self-Esteem (Something is Wrong With Me)</i>	
1. Ian						
2. Ajani						
3. Jeremy						
4. Aaron						
5. Matt						
6. Amaya						
7. Max						
8. Aye						
9. Grayson						
10. Kelley						

Part 2: Toward the second half of the video, various speakers begin to talk about the “right” and “wrong” ways to prevent or respond to bullying. Take notes on what the young people and celebrities say they think each of the following groups should and shouldn’t do: (1) targets of bullying, (2) witnesses/bystanders to bullying, (3) teachers/school staff and (4) parents. Your teacher may ask you to pay special attention to one of the four groups.

Youth - Targets of Bullying	Youth - Witnesses/Bystanders	Teachers and School Staff	Parents
Should...	Should...	Should...	Should...
Should Not...	Should Not...	Should Not...	Should Not...

Part 3: Based on everything you heard during the video, what are the most important messages or pieces of advice you will take away?

- 1.
- 2.
- 3.