



CREATING BULLY-FREE COMMUNITIES

# FREE TO BE

EVERYONE HAS THE RIGHT TO A SAFE SCHOOL

## 3-PART DIGITAL COURSE

### PART 1 - GOING BEYOND BULLYING

- Understand bullying: what it is, what it isn't, where it starts
- Practice 5 tried & true strategies to stop yourself from bullying
- Create a foundation of empathy & acceptance

### PART 2 - CREATING A BULLY F.R.E.E. CULTURE

- Get F.R.E.E.: practice 4 ways to effectively and proactively respond to bullying
- Pull it out by the roots - learn tools to solve conflict and get along better
- Envision the practices that create the school culture you really want

### PART 3 - BEING AN ALLY, BEING AN UPSTANDER

- Learn exactly what allies say & do to keep our community safe
- Practice standing up to bullying without bullying back
- Solidify the bully-F.R.E.E. school culture by getting real about what it takes to care for others in our community

*"We need this here...I can't believe that after one assembly the amount of kids to my office has dropped dramatically. There is a new attitude here!"*

*- Principal, Daly City, CA*

Decrease teasing, bullying and hurtful behaviors and increase safety, respect and fun with Soul Shoppe's award-winning programs

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