

BULLYING PREVENTION MONTH

Molly and Sydney invite you to take action and stand against bullying this October! They have created a new challenge each week where you can use your story to make a difference. Do you accept the challenge?

XOXO Molly & Sydney

WEEK

1

Tell your story

Challenge 1: Be courageous and share with a friend how bullying has impacted your life.

Challenge 2: Ask a friend about their experiences with bullying.

Challenge 3: Write a letter to yourself about your experiences.

SUPER CHALLENGE: Give a presentation to classmates, coworkers, or colleagues



WEEK

2

Make people smile

Challenge 1: Send a joke in to info@smileoregon.org

Challenge 2: Post a video of you telling a joke and tag @smileoregon

Challenge 3: Post a photo of the silliest possible face on social media with #makepeoplesmile and tag @smileoregon

SUPER CHALLENGE: Take a photo of:

- | | |
|-----------------------------------------|------------------------------------------|
| a. free stuff on the side of the road | f. food you ordered (Starbucks included) |
| b. group of friends (yourself included) | g. body of water |
| c. an animal | h. outdoors (anything nature related) |
| d. a sunset | i. favorite book (actual hard copy) |
| e. photo of a neon sign | j. outfit of the day |



WEEK

3

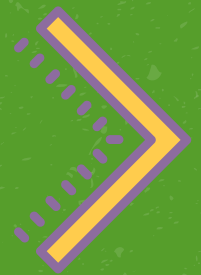
Pay it forward

Challenge 1: Pay for the person in front of you in a drive thru.

Challenge 2: Buy or bring lunch from home for a friend.

Challenge 3: Give something to someone in need.

SUPER CHALLENGE: Volunteer for a day at any local charity.



WEEK

4

Celebrate each other

Challenge 1: Compliment a loved one.

Challenge 2: Send a nice text to someone

Challenge 3: Physically write a nice letter to someone (yes, envelope and stamp!)

SUPER CHALLENGE: Carve a pumpkin with someone's name in it and give it to them.

