

Public Broadcasting Service (PBS): In the Mix
Stop Bullying...Take a Stand! (Excerpt)

June 2010

- [Unidentified female 1]: There was a group of boys actually that started following me around.
- [Unidentified male 1]: I've made fun of people when I'm with my friends. You know, I'm not going to lie.
- [Unidentified female 1]: I felt worthless. I felt like who I was I shouldn't be.
- Former Miss America: If you've been bullied, you may feel like you're the only one, but a survey of students found that more than 80% said that they'd been bullied or victimized in some way. And when I traveled around as Ms. America, I used to ask students whether or not they'd been bullied and almost every hand in the auditorium went up. When I was in the ninth grade, I was the victim of pervasive and severe racial and sexual harassment.
- [Unidentified female 2]: Cyber bullying is old-fashioned bullying i.e. picking on people with a modern twist.
- [Unidentified male voice]: *(in the background)* Bullying people online is kind of like a new level.
- [Unidentified female 3]: This one guy and his other friend, they're making fun of me and saying bad things to me. They also found out my password for a very old screen name and they were iming my friends and saying bad stuff to them like it was me.
- [Unidentified female 2]: If you feel like you've been cyber bullied, this might sound counterintuitive, but resist the urge to fight back. End the conversation. Tell your parent or a teacher and then develop a strategy.
- [Unidentified male 2]: What should students do?
- Former Miss America: One of the things I've noticed that students have been doing is starting groups across the country and they decided that they no longer want to deal with violence and bullying in their schools.
- [Unidentified male voice]: *(in the background)* We learned about the National Bullying Campaign and that we could apply for a grant in order to complete an anti-bullying project in our community.
- [Unidentified female voice]: *(in the background)* After we got our grant, then we contacted our vice-principal.

[Unidentified female voice]: *(in the background)* We asked him to pick a dozen outgoing kids who had energy and ideas.

[Unidentified female 4]: Working with all the high schoolers, we've learned many different forms of bullying like just teasing people, writing mean notes, talking about people behind their backs.

[Unidentified male voice]: *(in the background)* The middle schoolers were great because they really came up with all of the ideas for our skits. We simply mentored them.

[Unidentified female voice]: *(in the background)* We have a lot of kids that are really serious about the project and really put their all into that.

[Unidentified male voice]: *(in the background)* We made them do shots like eleven times.

[Unidentified male 3]: Small things that are repeated over and over again really deteriorate somebody's self-esteem.

[Unidentified male voice]: *(in the background)* Whatever they had wrote or the skits, we videotaped and edit and put into the final DVD.

Narrator: Take a stand and lend a hand. Stop bullying now!

(Skit)

[Unidentified male 4]: Stop! It's not funny.

[Unidentified male 5]: Yeah it is! I think it is!

(Skit rewinds and starts over)

[Unidentified male 6]: Sorry about that man. Leave him alone!

(Skit ends)

[Unidentified female voice]: *(in the background)* If you are bullied, tell a trusted adult.

[Unidentified male 6]: People don't realize that bullying really hurts people.

[Unidentified female 4]: But if a person takes a stand and makes a change then that will make a really big difference.

- End of video -

Video participant:
Former Miss America