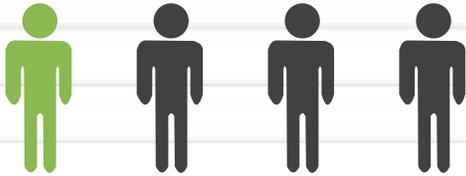




# I Can

An anti-bullying campaign for Tuscaloosa City Schools 

## Did you know?



1 of 4 students report  
being bullied on a  
**regular**  
**basis**

Imagine spending a day as your child in his or her school. What do you see? What do you hear? You may hear giggling students, the kind words of teachers or the whirring of a pencil sharpener. The bell rings, and you're excited to finally turn in that book report to a smiling teacher. However, this is not the real middle school experience. According to Ing.org, at least 25 percent of students today are reportedly bullied on a regular basis. That is merely the number of students who report bullying. Joe Coles, an anti-bullying consultant with national campaign Rachel's Challenge, noted that bullying is caused by the fear and lack of reporting the incidents. He also stated that the highest incident rates of bullying occur from 7th to 8th grade. In response to the growing numbers of in-school bullies in the Tuscaloosa City School system, the "I Can" campaign launched in partnership with HALT. "I Can" aims to combat in-school and cyberbullying by teaching your child what it means to be a "positive peer." Being a positive peer involves sharing empathy, building trust and acting beyond by-standing. By learning how to become positive peers, your children will learn what it takes to make Tuscaloosa a bully-free zone.

## About us

The University of Alabama Bateman Team is teaming up with Tuscaloosa City Schools to rejuvenate the HALT anti-bullying campaign. Five students are taking on the challenge to decrease the amount of bullying in the local middle schools as well as the YMCA.

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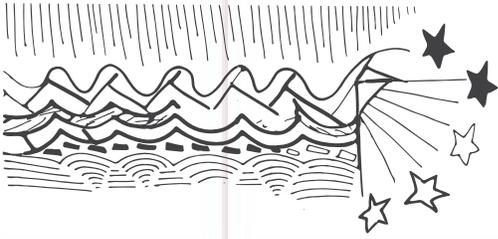
[uabateman.wordpress.com](http://uabateman.wordpress.com)

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A partnership with





# BLOG

## PREVIEWS

### Live Longer, Stand Stronger

Publish Date: Feb. 6  
[Read More Here!](#)

Each day 160,000 students nationwide stay home from school because they are afraid of being bullied. School should be a safe place for your children to learn and socialize with their friends. Many parents have expressed concerns about how bullying will affect their child and what signs they should look for to see if their child is okay. When it comes to bullying...

# 15%

The percentage of students who report that they skip school because they are scared of bullying in school.

### The Social Switch:

Publish Date: Feb. 13  
[Read More Here!](#)

### Elementary vs. Middle School Bullying

Any parent can find it difficult to see their little ones make the daunting leap from elementary to middle school. These changes are tough and can be made even more treacherous by peer behaviors at school. While bullying is a prevalent issue in many elementary schools, there is a large contrast between elementary school teasing and the personal attacks...

# 71%

The percentage of students who report that bullying is an ongoing problem.

### Cyberbullying:

Publish Date: Feb. 20  
[Read More Here!](#)

### The New Threat on the Block

Facebook. Cellphones. Twitter. The Internet. These innovative and new tools of communication surround today's generation. It allows for people to quickly contact friends, family and acquaintances all around the world; however, it also allows people to channel negativity and unwanted aggression toward others. This behavior on this new...

# 61%

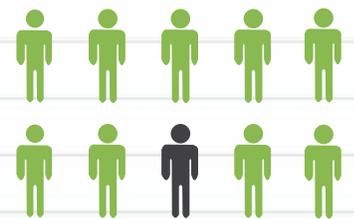
The percentage of students who believe that school shootings occur because a student is a victim of physical violence at home and at school.

### Victim or Bully:

Publish Date: Feb. 26  
[Read More Here!](#)

### How Can You Tell?

As a parent of a TCS student, you may have noticed the HALT activities listed online, the posters in your child's school, and the new "I Can" materials in the hallways. You've begun to understand how to report bullying, as well as its negative effects on students' emotional and mental wellbeing. But how do you know if your child is being bullied, or...



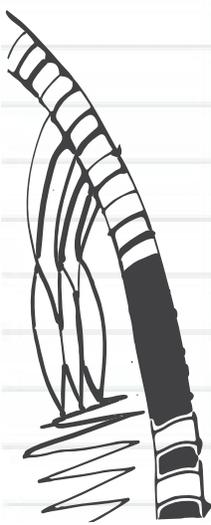
9 out of 10 students from 4th to 8th grade have reported that they have been bullied at some point in their lives.

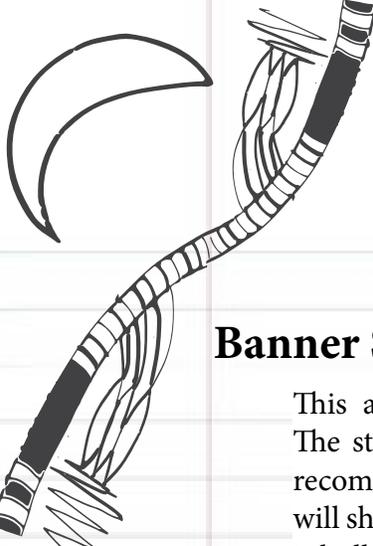
### Take Action

Publish Date: Feb. 28  
[Read More Here!](#)

All across Alabama, people are stepping up and taking action against bullying in our state. Despite the passage of The Alabama Student Harassment Prevention Act in 2009, the state legislation is deficient in a few key areas. For instance, Alabama is one of two states that omits the term "bullying" altogether. The law allows only...

Sources:  
bullyingstatistics.org and  
makebeatsnotbeatdowns.org





# EVENTS

## Banner Signing

This activity is symbolic to the entire “I Can” campaign. The students will sign a banner symbolizing that they have recommitted their pledge to the HALT program. The banner will show to those who enter the school that the middle school is bully free.

## Mix-n-Munch

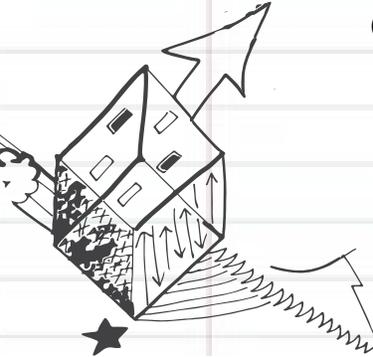
This activity is to encourage students to get to know their classmates better and maybe even make new friends. The students will have a new seating arrangement, which will allow students to get to know their classmates better during the lunch period. To ensure this event goes well, “I Can” supervisors will monitor the lunch periods.

## “I Care” Week

During this week, students will write an anonymous positive note to a another classmate every day for an entire school week. Each note does not need to be long; a short and sweet note is just as good. Students can write to the same classmate all week or write to a different one each day. The messages will be filtered through the teachers to ensure they are positive, and that each student receives one. Participation in this activity will result in a reward at the end of the week.

## Stand Strong Assignment

Students may get into groups that have people who are different than their usual friend group, or do the assignment individually. Then the student will receive a scenario relating to bullying and create a skit or write an essay to show what they would do to solve the problem listed in the scenario. The activity will encourage problem-solving while simulating the scenario in the student’s mind.



## Other Activities

Some middle schools will participate in their own individual events, such as the chain creation, the Bully Game, guidance lesson days and more. The “I Can” campaign is tailored to each individual middle school, depending on its needs.

## Memorable Dates

### February 1

- Campaign Begins

### February 25

- Stand Strong Day

### February 28

- Campaign Conclusion

## February 1

### Eastwood Middle School

- Introductions

## February 4-8

### Eastwood Middle School

- Banner Signing

### Tuscaloosa Magnet School

- Banner Signing
- Bully Game

## February 11-15

### Eastwood Middle School

- Stand Strong Assignment

### Southview Middle School

- Guidance Lessons
- Mix-N-Munch

## February 18-22

### Eastwood Middle School

- Mix-n-Munch

### Rock Quarry Middle School

- Banner Signing
- “I Care” Week
- Activity Day

### Southview Middle School

- Guidance Lesson

### University Place Middle School

- 6th Grade Activity Day

## February 25-28

### Eastwood Middle School

- “I Care” Week

### West Lawn Middle School

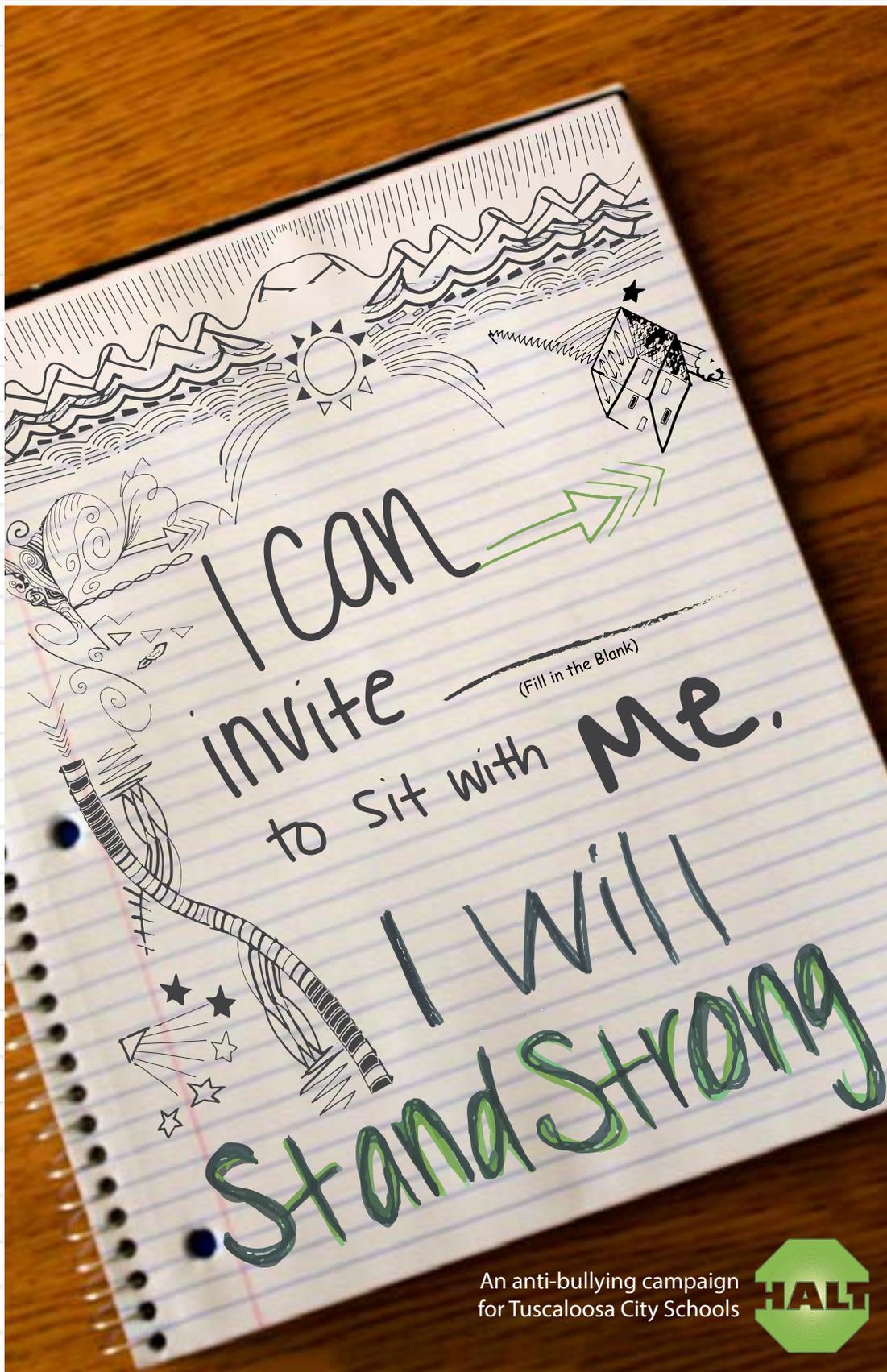
- Activity Day

### Southview Middle School

- Banner Signing
- Guidance Lesson



# POSTER



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