



October 1st, 2024

Dear Valued Community Member,

As we welcome October, the Riverside Medical Clinic Charitable Foundation is excited to invite you to join us in celebrating Bullying Prevention Month with our campaign, **"Raise Your Voice and Change Your Story"**.

Our campaign, **"Raise Your Voice and Change Your Story"**, emphasizes that advocating for ourselves and others does not have to lead to conflict; instead, it can lead to a more supportive and understanding community. Even if you, your child, or loved one are not directly affected by bullying, it's important to remember that bullying behaviors impact us all. By addressing bullying, we can build a safer, more inclusive environment for everyone.

To support your advocacy efforts, we are providing you with a variety of resources and activities to help you be an everyday advocate in your home, school, and community. These resources include:

- **Advocacy Calendars**
- **Advocacy Bingo**
- **Goal-Setting Worksheets**
- **Classroom Activities**
- **At Home Activities**
- **Coloring Pages**
- **Word Searches**
- **Crossword Puzzles**

We believe that true advocacy is rooted in empathy, kindness, resilience, patience, and community. By celebrating and acknowledging Bullying Prevention Month, we reinforce the values that help us stand strong against negativity and create a nurturing environment for everyone. Together, we can build a community where every individual feels safe, valued, and empowered.

Join us in making this Bullying Prevention Month a powerful testament to the strength and unity of our community. Let's work together to create a future where kindness prevails and every voice matters.

With kindness,

Riverside Medical Clinic Charitable Foundation

NATIONAL BULLYING PREVENTION MONTH

Advocacy

Calendar · October 2024

Choosing to be kind to others and yourself can make the biggest difference. During the month of October, National Bullying Prevention Month, join us in spreading kindness to combat the effect that bullying has on our lives.

SUN	MON	TUE	WED	THU	FRI	SAT
6 Start an advocacy club	7 Hold family meetings to discuss possible changes in routine and home rules	1 Attend a volunteer opportunity in the community with your family	2 Research topics that are important to you	3 Speak up in class	4 Ask your teacher for help on an assignment you are struggling with	5 Set short-term and long-term goals for the school year
13 Use social media responsibly	14 Join a school club that is making a difference in the community	8 Create an advocacy poster to hang at home	9 Say hello to or start a conversation with someone who may look different than you	10 Attend a school resource fair	11 Support a friend	12 Set boundaries for yourself
20 Support ethical brands	21 Lead by example	15 Be a good influence to a younger sibling	16 Donate to a charity with a good cause	17 Write letters to your counselor or principal about changes you would like to see in your school	18 Speak out against unkind behaviors	19 Be an active listener
27 Attend school meetings (ex: PTA, school club) with a parent	28 Create a list of your strengths	22 Share your needs and wants with others	23 Share ideas with others at school or home	24 Engage in open communication with peers	25 Listen and consider other perspectives without judgment	26 Celebrate diversity in your community
		29 Advocate for safe spaces in your school	30 Promote kindness within your community	31 Organize a fundraiser for a cause you support		

Grades K-6

FREE Kindness Resources Available at

RMCCHARITY.ORG

IDENTIFYING MY NEEDS

Using the chart provided, write down a need that you have and identify the ways in which you can meet your need!

What is my need or want?

Can you meet your own need or want? If not, list the people who you can ask for help.

Write down one sentence that helps you communicate your need to others.

Write down one goal to help you meet your need.

List the steps you are going to take to meet your goal.

Did you meet your goal and meet your need?

If you did not meet your goal or need, what changes can you make to meet your need?

Create a new goal to help you meet your need.

Did you meet your need? If not, start back at the top.

BE AN ADVOCATE

Advocacy is being able to express your wants and needs in a direct and respectful manner while respecting the need of others. Think and write about ways you can advocate for yourself this week then go out and practice doing them.

At school:

At home:

In the community:

Reflection:

Were you able to achieve your goals or did you have trouble completing them? If so, what are some steps you can take to succeed next time?

POSITIVE SELF-TALK

How you speak to yourself matters. Sometimes, we might say things to ourselves that make us feel bad, but we can change those thoughts into something that makes us feel happy and confident! Write down examples of negative self-talk that you may have said to yourself, and then rewrite negative thoughts into positive statements.

Unkind or Negative Self-Talk

Ex: I will never be good enough to join a soccer team.

Kind or Positive Self-Talk

Ex: I may not be that good at soccer yet, but I will keep practicing everyday!

SHOWING ADVOCACY



Draw or write how you can advocate for...



...your Friends

...your Parents

...Yourself

...your Teacher

...your Community

IF I WAS THE MAYOR ...



Draw or write what you would do to make your city a better place if you were the mayor. Talk about your ideas with your parents and come up with ways to make some real-life changes!



ADVOCACY JAR

MATERIALS NEEDED: SMALL/MEDIUM JAR. MARKERS. STICKERS. COINS

Decorate a jar and decide with your family on causes to support. Each family member adds coins or small donations and, periodically, decide as a family where to donate the money at the end of each month.

Use the jars below to keep track of the charities you have donated to or plan to donate to by writing their names on the jars. Additionally, write down the goal amount of money you want to save.



THIS OR THAT: PRACTICING SELF-ADVOCACY

This activity is a simple way to practice thinking about what you like and a chance to practice making decisions. The first step in self-advocacy is thinking about what is important to you.

This

Or

That

Eating cereal for breakfast

Playing inside the house

Walking to school with your siblings

Asking your parents for help on
homework

Letting the person know they are doing
unkind behaviors

Writing how you feel in a journal

Reading 1 chapter of a book

Eating pancakes for breakfast

Playing outside of the house

Walking to school with your friends

Asking your teacher for help on
homework

Letting the teacher know someone is
doing unkind behaviors

Drawing how you feel in a journal

Watching 1 episode of a TV show

Discussion Questions

Did you like making your own choices? Was it easy or difficult to make your decisions?

Think back to when you had to make a difficult decision in or outside of school. What steps did you take to make that decision? Would you make the same decision now or would it be different?

ADVOCACY

- AMPLIFY
- ACTION
- AWARENESS
- ACTIVISM
- CHANGE
- EDUCATE
- EMPOWER
- ENCOURAGE
- EMPOWERMENT
- EQUALITY
- INCLUSION
- INSPIRE
- JUSTICE
- PROTECT
- PROMOTE
- RIGHTS
- REPRESENT
- SUPPORT
- SOLIDARITY
- UNITE
- VOICE

V	F	B	T	L	A	M	P	L	I	F	Y	N	L	D	P	N	Q	A	V	E	G	G	I	W
O	D	C	X	M	I	L	K	V	X	J	C	M	R	T	R	B	H	X	C	T	T	M	A	X
I	C	G	B	I	Z	H	O	F	L	A	L	T	Y	Q	O	O	M	O	N	T	P	B	R	O
C	M	M	K	N	S	V	C	O	Z	C	R	B	E	D	M	P	Y	G	R	P	I	N	H	A
E	G	L	M	C	C	J	Z	H	E	T	L	T	Q	K	O	J	D	S	P	R	I	O	O	J
L	Z	B	R	L	P	T	Q	T	M	I	O	I	P	A	T	I	P	S	N	I	R	V	N	Y
F	K	C	M	U	U	S	W	E	P	V	H	G	R	P	E	N	C	O	U	R	A	G	E	Y
P	J	G	C	S	N	C	D	F	O	I	M	T	O	R	G	D	C	T	B	W	C	L	S	O
D	X	N	C	I	I	H	K	L	W	S	R	F	T	O	O	R	E	P	R	E	S	E	N	T
J	T	N	F	O	T	A	O	I	E	M	A	P	E	E	E	S	I	I	O	U	S	L	L	P
H	U	Z	Q	N	E	N	Y	T	R	H	B	K	C	O	Q	H	Z	N	V	U	L	R	V	B
S	P	S	N	H	I	G	J	F	M	A	G	R	T	T	I	U	U	S	F	Z	G	U	U	E
G	U	W	T	L	W	E	C	V	E	Y	W	T	D	E	Q	V	A	R	W	N	G	F	F	C
L	Y	F	G	I	O	R	L	K	N	Z	V	A	M	F	E	I	K	L	B	V	K	G	Z	A
Q	Y	C	P	T	C	J	Q	O	T	L	G	O	R	W	K	D	O	Q	I	L	T	T	R	I
M	H	Y	E	S	A	E	N	A	G	K	T	O	U	E	H	F	U	Z	D	T	R	B	S	O
Z	Q	P	R	K	J	Z	F	T	A	E	F	P	L	V	N	O	K	C	E	S	Y	H	E	A
N	S	L	P	C	E	M	P	O	W	E	R	P	K	R	O	E	W	K	A	L	K	Z	T	Q
L	M	O	O	A	K	J	E	J	V	P	I	Q	E	E	Y	L	S	Y	S	T	L	K	Z	T
Y	V	I	N	S	P	I	R	E	K	H	X	E	H	L	F	W	Y	S	L	A	E	J	U	V
F	T	M	Z	X	B	E	U	H	J	F	L	L	K	E	R	R	S	B	X	O	J	G	D	L
J	K	U	V	C	V	D	J	L	C	I	S	H	E	Q	B	U	K	W	B	Z	R	U	N	S
G	Q	S	O	L	I	D	A	R	I	T	Y	N	A	T	S	R	E	D	N	U	V	H	W	X
S	U	P	P	O	R	T	F	Q	V	Y	W	W	S	R	I	G	H	T	S	V	U	O	O	G
E	Y	T	N	K	P	L	E	A	V	I	T	R	O	P	P	U	S	G	G	G	Y	T	H	V

ADVOCACY

ANSWER KEY

- AMPLIFY
- ACTION
- AWARENESS
- ACTIVISM
- CHANGE
- EDUCATE
- EMPOWER
- ENCOURAGE
- EMPOWERMENT
- EQUALITY
- INCLUSION
- INSPIRE
- JUSTICE
- PROTECT
- PROMOTE
- RIGHTS
- REPRESENT
- SUPPORT
- SOLIDARITY
- UNITE
- VOICE

V	F	B	T	L	A	M	P	L	I	F	Y	N	L	D	P	N	Q	A	V	E	G	G	I	W
O	D	C	X	M	I	L	K	V	X	J	C	M	R	T	R	B	H	X	C	T	T	M	A	X
I	C	G	B	I	Z	H	O	F	L	A	L	T	Y	Q	O	O	M	O	N	T	P	B	R	O
C	M	M	K	N	S	V	C	O	Z	C	R	B	E	D	M	P	Y	G	R	P	I	N	H	A
E	G	L	M	C	C	J	Z	H	E	T	L	T	Q	K	O	J	D	S	P	R	I	O	O	J
L	Z	B	R	L	P	T	Q	T	M	I	O	I	P	A	T	I	P	S	N	I	R	V	N	Y
F	K	C	M	U	U	S	W	E	P	V	H	G	R	P	E	N	C	O	U	R	A	G	E	Y
P	J	G	C	S	N	C	D	F	O	I	M	T	O	R	G	D	C	T	B	W	C	L	S	O
D	X	N	C	I	I	H	K	L	W	S	R	F	T	O	O	R	E	P	R	E	S	E	N	T
J	T	N	F	O	T	A	O	I	E	M	A	P	E	E	E	S	I	I	O	U	S	L	L	P
H	U	Z	Q	N	E	N	Y	T	R	H	B	K	C	O	Q	H	Z	N	V	U	L	R	V	B
S	P	S	N	H	I	G	J	F	M	A	G	R	T	T	I	U	U	S	F	Z	G	U	U	E
G	U	W	T	L	W	E	C	V	E	Y	W	T	D	E	Q	V	A	R	W	N	G	F	F	C
L	Y	F	G	I	O	R	L	K	N	Z	V	A	M	F	E	I	K	L	B	V	K	G	Z	A
Q	Y	C	P	T	C	J	Q	O	T	L	G	O	R	W	K	D	O	Q	I	L	T	T	R	I
M	H	Y	E	S	A	E	N	A	G	K	T	O	U	E	H	F	U	Z	D	T	R	B	S	O
Z	Q	P	R	K	J	Z	F	T	A	E	F	P	L	V	N	O	K	C	E	S	Y	H	E	A
N	S	L	P	C	E	M	P	O	W	E	R	P	K	R	O	E	W	K	A	L	K	Z	T	Q
L	M	O	O	A	K	J	E	J	V	P	I	Q	E	E	Y	L	S	Y	S	T	L	K	Z	T
Y	V	I	N	S	P	I	R	E	K	H	X	E	H	L	F	W	Y	S	L	A	E	J	U	V
F	T	M	Z	X	B	E	U	H	J	F	L	L	K	E	R	R	S	B	X	O	J	G	D	L
J	K	U	V	C	V	D	J	L	C	I	S	H	E	Q	B	U	K	W	B	Z	R	U	N	S
G	Q	S	O	L	I	D	A	R	I	T	Y	N	A	T	S	R	E	D	N	U	V	H	W	X
S	U	P	P	O	R	T	F	Q	V	Y	W	W	S	R	I	G	H	T	S	V	U	O	O	G
E	Y	T	N	K	P	L	E	A	V	I	T	R	O	P	P	U	S	G	G	G	Y	T	H	V

ADVOCACY

ACTION
BRAVERY
CARE
COMMUNITY
EFFORT
EMPOWER
ENCOURAGE
EMPATHY
FRIENDSHIP
FAIRNESS
HELP
KINDNESS
LISTENING
LEARNING
RESPECT
TEAMWORK

E	T	D	F	F	H	L	P	M	I	L	H	E	L	P	A	K	T	M	G
O	M	J	A	S	A	T	K	R	J	R	O	T	B	H	E	F	Z	Q	R
E	I	P	T	T	I	I	V	K	K	I	N	D	N	E	S	S	B	R	A
F	V	C	A	D	M	S	R	W	K	Z	A	K	T	Q	B	V	O	L	T
F	S	X	H	T	W	X	H	N	N	S	D	L	E	A	R	N	I	N	G
O	Q	L	Z	D	H	V	J	D	E	A	P	K	G	W	N	S	C	Q	P
R	K	N	I	M	F	Y	Q	S	W	S	A	T	E	S	R	F	A	I	R
T	E	V	R	S	D	Y	M	U	L	O	S	H	B	I	U	P	J	C	E
C	X	D	K	E	T	Y	O	P	H	A	K	Z	Q	H	R	J	O	A	S
T	W	F	D	Y	Z	E	F	R	I	E	N	D	S	H	I	P	X	C	P
P	E	O	R	I	E	Q	N	E	H	Y	M	R	X	S	E	X	Q	T	E
U	U	A	F	E	A	B	V	I	R	N	Z	P	R	M	C	C	F	I	C
S	O	T	M	S	K	T	Y	R	N	F	H	J	O	T	R	L	K	O	T
T	Y	J	M	W	I	P	X	Y	J	G	T	G	Z	W	Q	W	J	N	H
C	Q	K	L	C	O	M	M	U	N	I	T	Y	M	P	E	A	S	D	X
A	A	W	N	W	T	R	U	S	K	E	D	W	Y	R	O	R	Z	I	E
K	U	R	E	Q	C	J	K	L	E	N	C	O	U	R	A	G	E	N	R
Z	X	L	E	A	R	N	I	N	G	K	Q	T	Q	S	D	K	K	F	W
M	T	B	Z	Q	K	D	F	O	O	I	G	L	H	X	F	L	T	Z	V
G	Q	J	T	B	R	A	V	E	R	Y	T	P	B	B	R	Z	V	T	H

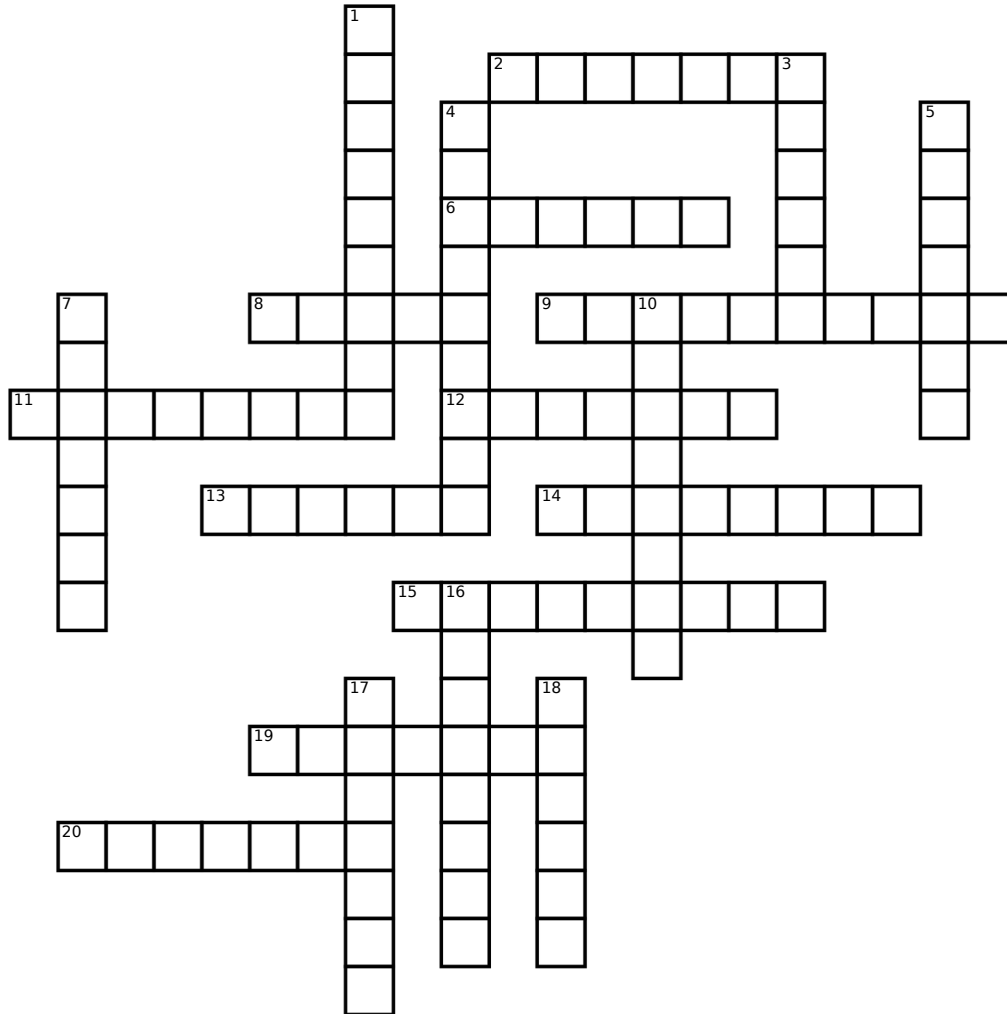
ADVOCACY

ANSWER KEY

ACTION
BRAVERY
CARE
COMMUNITY
EFFORT
EMPOWER
ENCOURAGE
EMPATHY
FRIENDSHIP
FAIRNESS
HELP
KINDNESS
LISTENING
LEARNING
RESPECT
TEAMWORK

E	T	D	F	F	H	L	P	M	I	L	H	E	L	P	A	K	T	M	G
O	M	J	A	S	A	T	K	R	J	R	O	T	B	H	E	F	Z	Q	R
E	I	P	T	T	I	I	V	K	K	I	N	D	N	E	S	S	B	R	A
F	V	C	A	D	M	S	R	W	K	Z	A	K	T	Q	B	V	O	L	T
F	S	X	H	T	W	X	H	N	N	S	D	L	E	A	R	N	I	N	G
O	Q	L	Z	D	H	V	J	D	E	A	P	K	G	W	N	S	C	Q	P
R	K	N	I	M	F	Y	Q	S	W	S	A	T	E	S	R	F	A	I	R
T	E	V	R	S	D	Y	M	U	L	O	S	H	B	I	U	P	J	C	E
C	X	D	K	E	T	Y	O	P	H	A	K	Z	Q	H	R	J	O	A	S
T	W	F	D	Y	Z	E	F	R	I	E	N	D	S	H	I	P	X	C	P
P	E	O	R	I	E	Q	N	E	H	Y	M	R	X	S	E	X	Q	T	E
U	U	A	F	E	A	B	V	I	R	N	Z	P	R	M	C	C	F	I	C
S	O	T	M	S	K	T	Y	R	N	F	H	J	O	T	R	L	K	O	T
T	Y	J	M	W	I	P	X	Y	J	G	T	G	Z	W	Q	W	J	N	H
C	Q	K	L	C	O	M	M	U	N	I	T	Y	M	P	E	A	S	D	X
A	A	W	N	W	T	R	U	S	K	E	D	W	Y	R	O	R	Z	I	E
K	U	R	E	Q	C	J	K	L	E	N	C	O	U	R	A	G	E	N	R
Z	X	L	E	A	R	N	I	N	G	K	Q	T	Q	S	D	K	K	F	W
M	T	B	Z	Q	K	D	F	O	O	I	G	L	H	X	F	L	T	Z	V
G	Q	J	T	B	R	A	V	E	R	Y	T	P	B	B	R	Z	V	T	H

ADVOCACY CROSSWORD



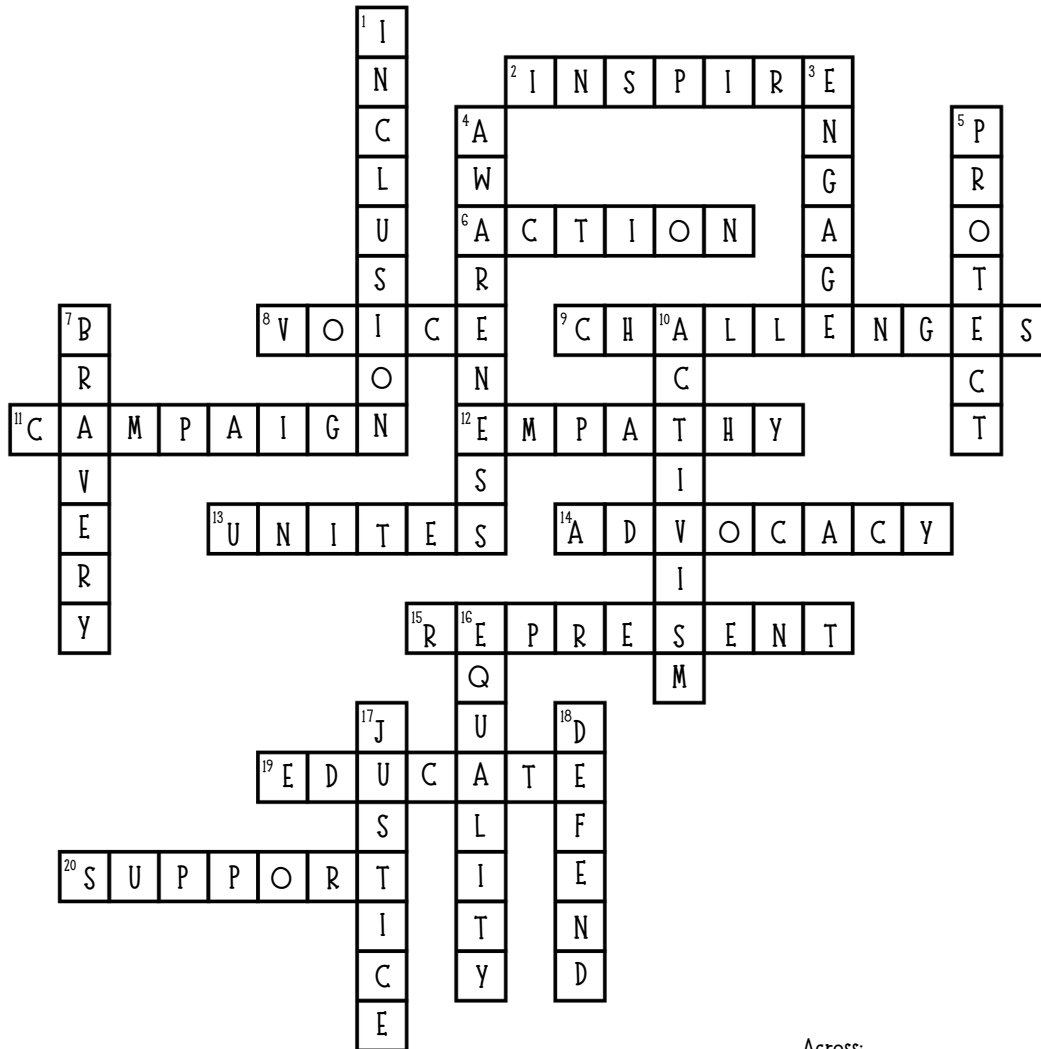
Down:

1. Creating environments where everyone feels accepted and involved.
3. To participate or become involved in a movement you are passionate about.
4. When you are passionate and well-versed on a subject and want to share what you know with others. You are bringing _____.
5. We _____ those we care about to keep them safe from harm or danger.
7. Being able to speak up in a difficult situation when no one else will.
10. Efforts to promote or intervene in social, political, economic, or environmental reform.
16. The principle that all people deserve the same rights and opportunities.
17. The principle of fairness in the protection of rights and punishment of wrongs.
18. To uphold or maintain a position or viewpoint.

Across:

2. To motivate or encourage someone to take action.
6. It takes _____ from an individual or group of people to make a difference in the community.
8. RMCCF 2024 bullying prevention slogan is. Raise Your _____ and Change Your Story!
9. RMCCF _____ or to push yourself to be a little kinder to everyone around you.
11. This year, RMCCF Bullying Prevention Month _____ is to share tips on how to become advocates to yourself and others.
12. When someone can step out their own reality to be able to understand someone else's perspective.
13. When a group of people _____ around a shared goal, it becomes easier to overcome challenges together.
14. To be able to speak your needs and wants in a direct and respectful manner.
15. To act or speak on behalf of someone or something.
19. When you are unfamiliar with a topic, you can _____ yourself to have a better understanding.
20. You give _____ when someone needs a hand or a little extra help.

ADVOCACY CROSSWORD



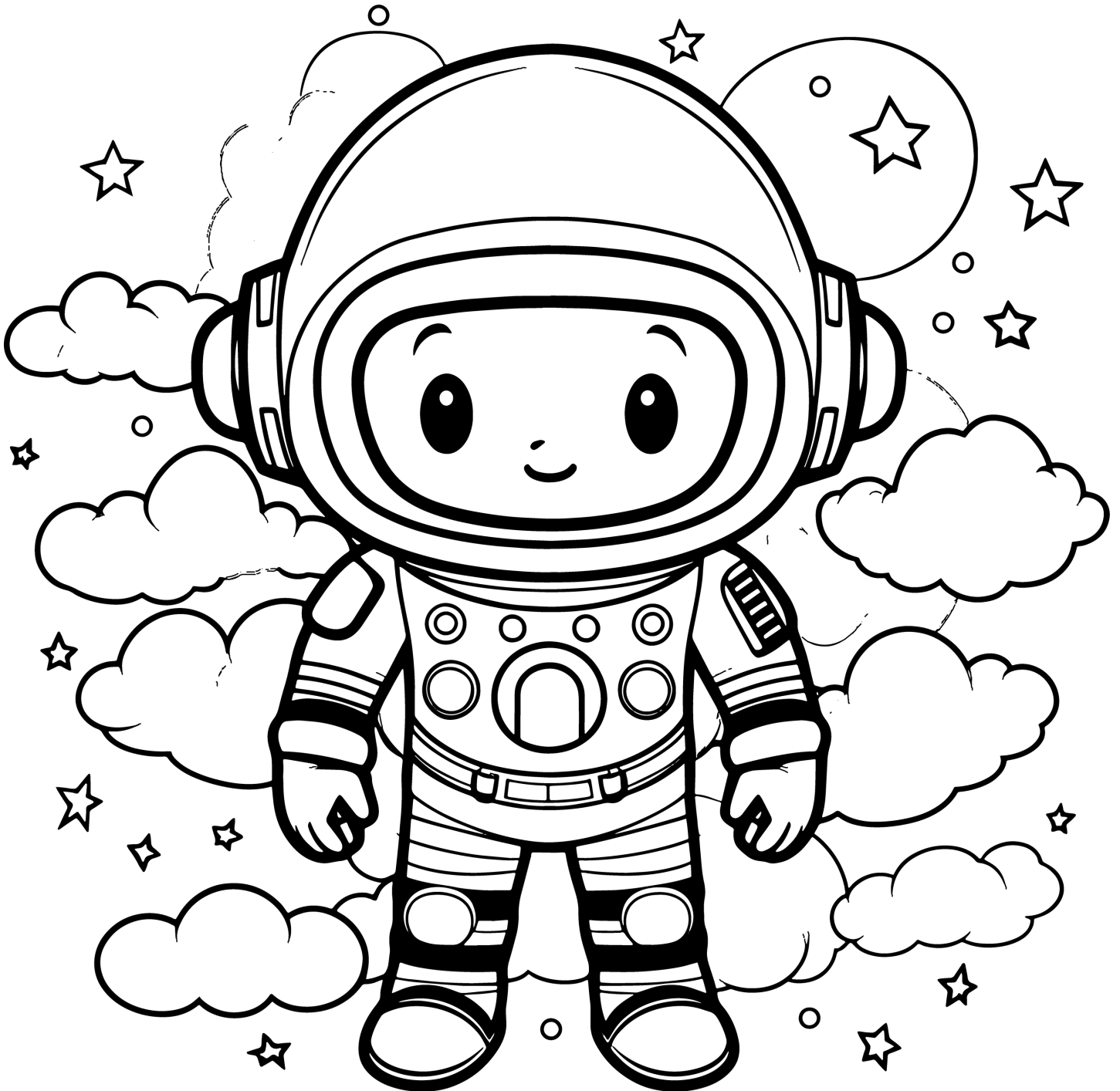
Down:

1. Creating environments where everyone feels accepted and involved.
3. To participate or become involved in a movement you are passionate about.
4. When you are passionate and well-versed on a subject and want to share what you know with others. You are bringing _____.
5. We _____ those we care about to keep them safe from harm or danger.
7. Being able to speak up in a difficult situation when no one else will.
10. Efforts to promote or intervene in social, political, economic, or environmental reform.
16. The principle that all people deserve the same rights and opportunities.
17. The principle of fairness in the protection of rights and punishment of wrongs.
18. To uphold or maintain a position or viewpoint.

Across:

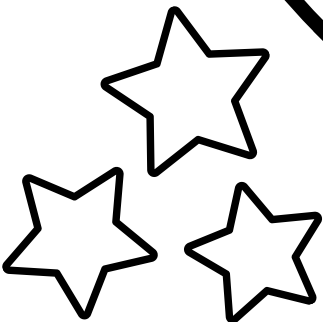
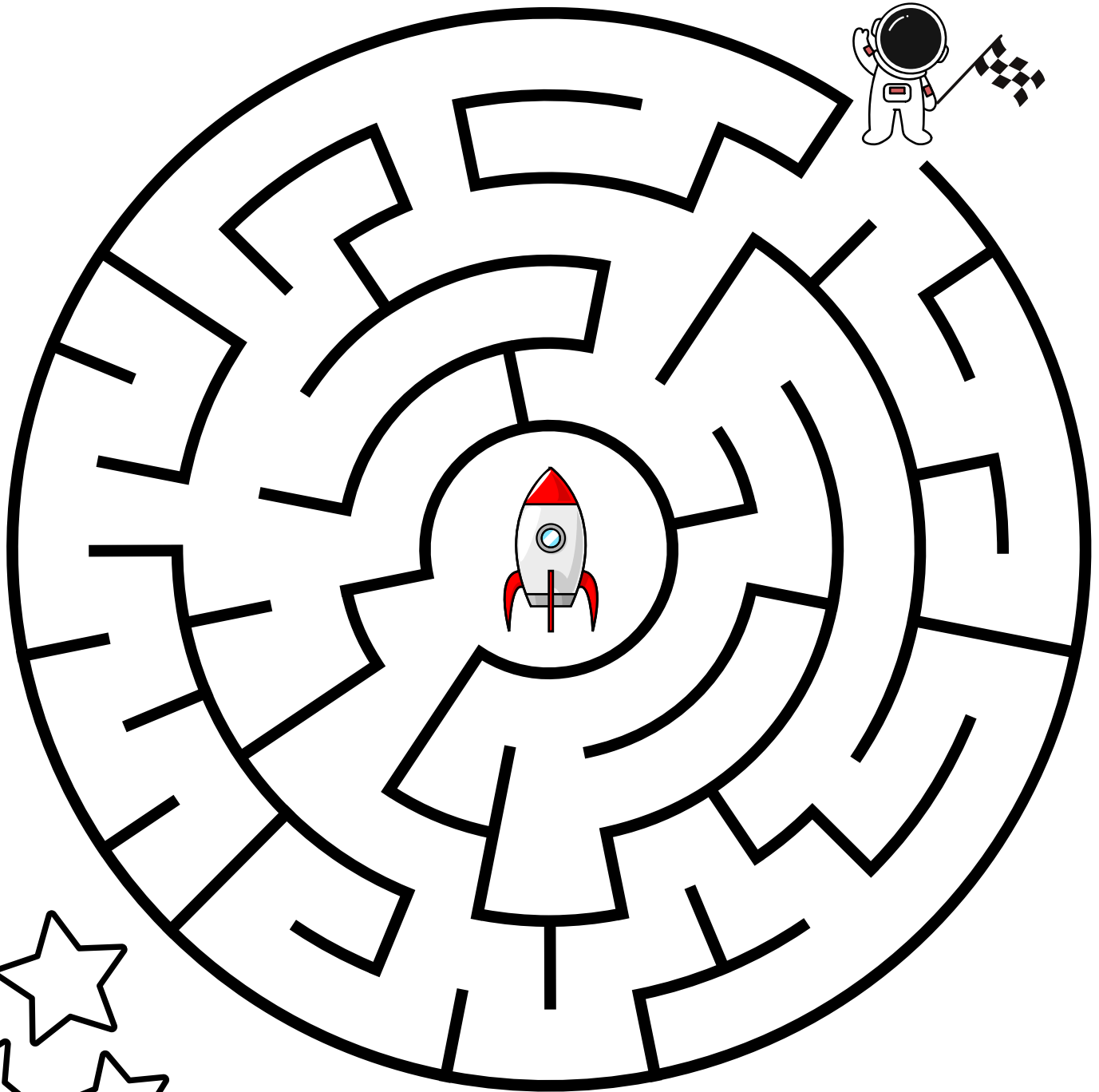
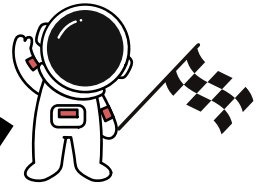
2. To motivate or encourage someone to take action.
6. It takes _____ from an individual or group of people to make a difference in the community.
8. RMCCF 2024 bullying prevention slogan is. Raise Your _____ and Change Your Story!
9. RMCCF _____ or to push yourself to be a little kinder to everyone around you.
11. This year, RMCCF Bullying Prevention Month _____ is to share tips on how to become advocates to yourself and others.
12. When someone can step out their own reality to be able to understand someone else's perspective.
13. When a group of people _____ around a shared goal, it becomes easier to overcome challenges together.
14. To be able to speak your needs and wants in a direct and respectful manner.
15. To act or speak on behalf of someone or something
19. When you are unfamiliar with a topic, you can _____ yourself to have a better understanding.
20. You give _____ when someone needs a hand or a little extra help.

RAISE YOUR VOICE & CHANGE YOUR STORY!

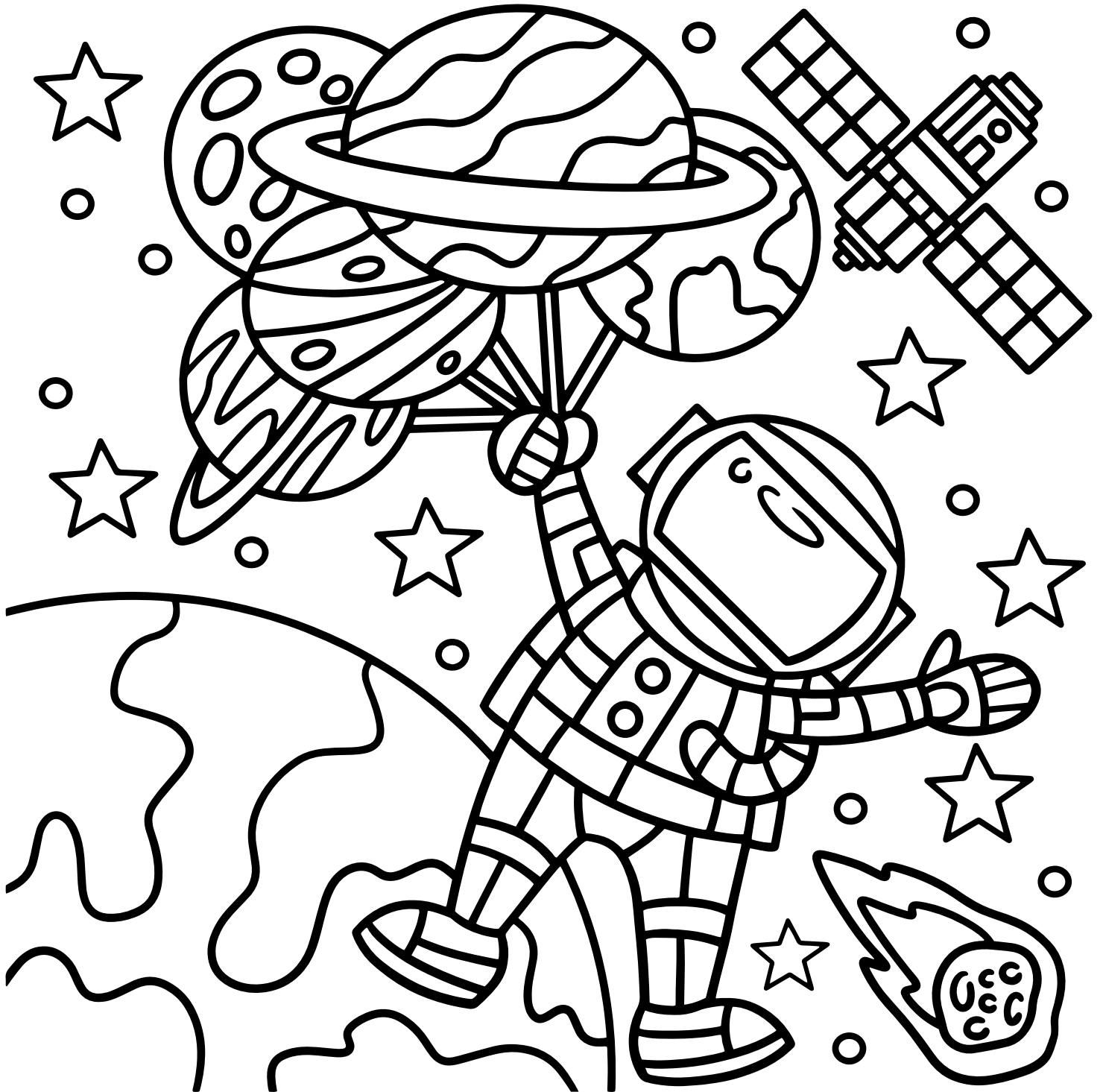


MISSION POSSIBLE: STAND UP FOR YOURSELF & OTHERS!

Help the astronaut get back to their rocket ship so they can complete their mission!

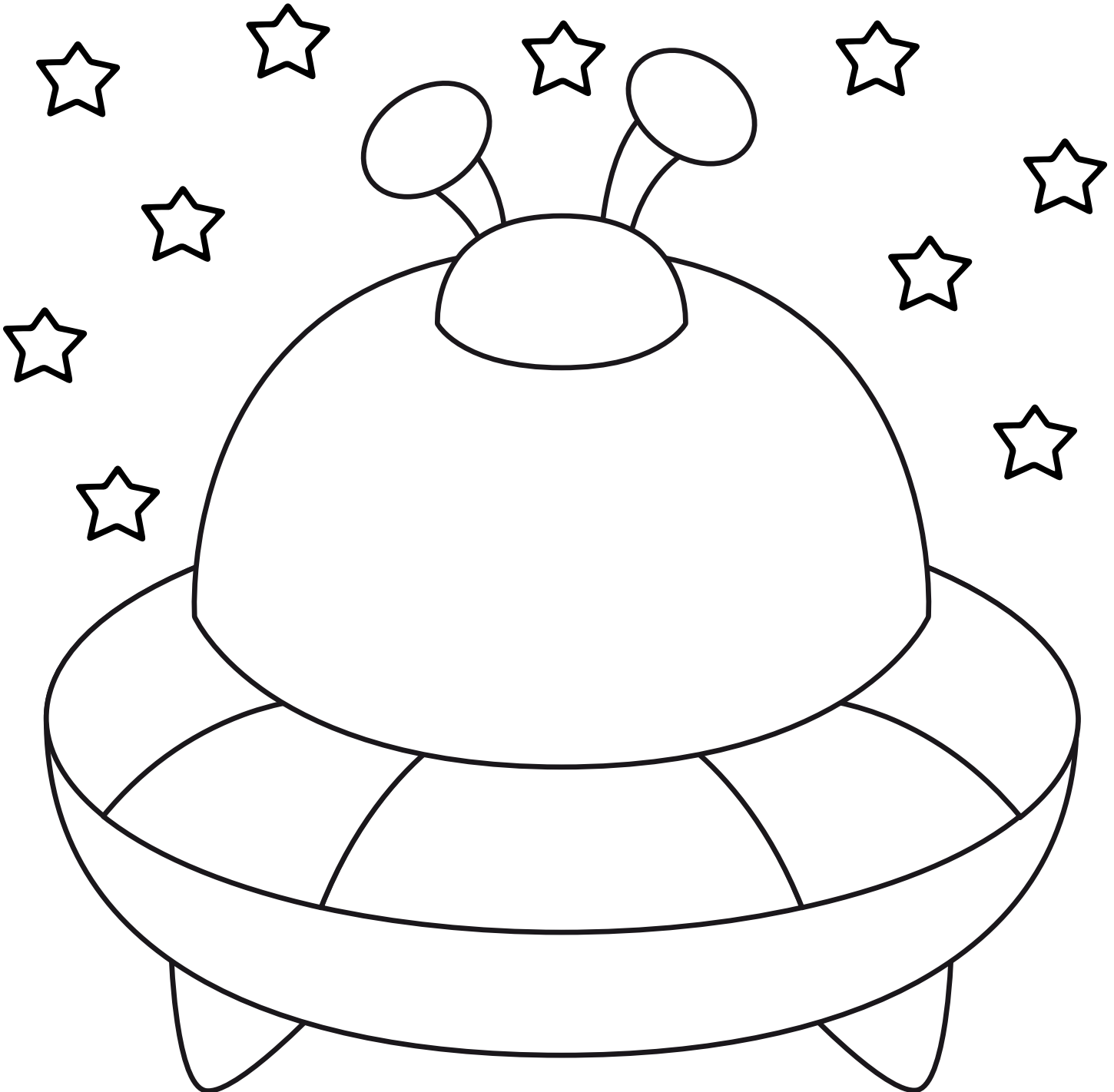


REACH FOR THE STARS: EVERY VOICE MATTERS!

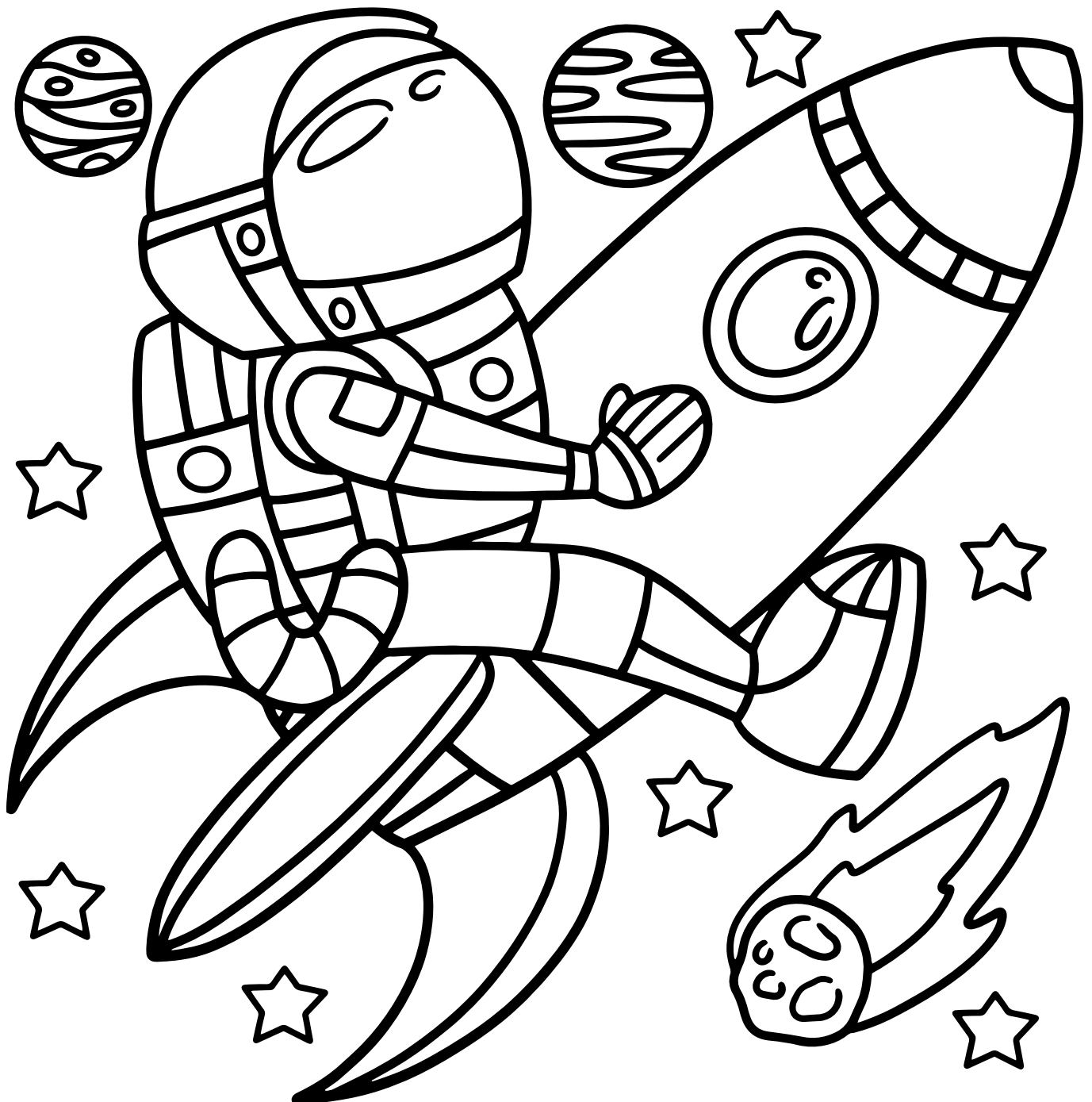


BLAST OFF TO A KINDER WORLD!

Design your own kindness spaceship!



A ROCKET TO SUCCESS: ADVOCATE FOR YOUR DREAMS!



SPACE CADETS FOR POSITIVE CHANGE!

Draw yourself inside the astronaut helmet!

