



“STOMP OUT The Bullying”

2012 NO BULL Best Message of the Year Award

Click above to view video



Film by: Angel McGowan
Hillcrest Middle School
Greenville, South Carolina

“Man, these bullies
won’t go away!
All I wanna do is go
to school in peace
but this bullying
won’t cease!”

“They think they so
cool but it’s going
against school rules
and they also bully
my friends”

Have any of you or your friends felt
threatened by bullies? What did you do?
Do you feel unsafe at school because of a bully?

“I got it! We should get together, go talk to administration then maybe we can...”

“...STOMP, STOMP, STOMP, STOMP OUT the bullying! We gotta come together and all STOMP OUT the bullying!”

When you are a target of bullying you should always tell a trusted adult. Parents, Teachers, Counselors, they are all available and willing to help but they can't help if they don't know what's going on. Who else can you confide in? What are some of the ways you can “STOMP OUT The Bullying!?”

What does the filmmaker mean by “We gotta come together and all STOMP OUT the bullying!?”

“I became a victim of bullying when people began teasing me and pushing me around at school, it quickly escalated into cyberbullying. Everyday I cried in silence”

“I was so afraid to stand up for myself and tell someone, cyberbullying can be hard for parents and adults to detect because they don't use social media like teens do”

What is worse, physical bullying or cyberbullying? Why?
Would you rather suffer in silence then tell a trusted adult?
Why is it scary for teens to talk to parents or adults
about these types of scenarios?

“One day when I laid my head down on my computer I knew I was at the end of my rope, I was so tired of reading things about myself online and text messages on my phone, it was so unbearable”

“I took a leap of faith and trusted an adult with my problem, I spoke with my teacher and my teacher helped the bullies disappear from my life”

Do you know anyone who is feeling this way because of bullies or cyberbullies?
In this situation the teacher helped by telling his student to “write it down.” What are some other ways a teacher can help remove bullies from peoples lives?

“What I learned is that I can block unwanted text messages and emails and I can take down my home page, I don’t have to subject myself to cyberbullying. Most importantly, I learned that I should have spoke up and reported bullying a long time ago, the first time it happened!”

Blocking, deleting and reporting are the easiest ways to escape cyberbullying. What are some ways to escape physical bullying? Besides writing it down, what are 3 more examples that offer a solution to eliminating all types of bullying in your school?

How do you define **BULLYING**?

- ★ What is it?
- ★ How is social media used to bully?
- ★ Why is it difficult to “stand-up” for the target of a bully?

How do you promote **DIGITAL RESPONSIBILITY**?

- ★ What actions have you taken?
- ★ How can you implement in your school?
- ★ Why is it important to be responsible when using all things digital?

The NO BULL Challenge

Click above for our campaign reel

Change Starts With You
SPEAK UP – Let Your
Voice Be Heard!

NO BULL is committed to creating and inspiring youth-led films as a platform for dialogue on the most important issues of our time.

The challenge to YOU...

- ★ Get Involved!
- ★ Make a PSA or short film
- ★ Make a Statement!
- ★ Take a Stand!

Prizes include the coveted Noble Award, scholarships, custom one-of-a-kind signet ring designed by Balfour, video cameras and a trip to Sundance Film Festival.

What is the NO BULL Challenge?

The NO BULL Teen Video Awards

Click above for highlights

- ★ Individual students or teams create a 2-5 minute short film or 30-60 second PSA promoting digital responsibility in an effort to end bullying/cyberbullying
- ★ Top 50 videos will be selected by public voting
- ★ Nominees and Winners will be selected by judges panel
- ★ You could win prizes like:
 - ★ Scholarship, one-of-a-kind NO BULL signet ring designed by Balfour, video camera, a trip to Sundance Film Festival and much more
- ★ NO BULL your way to L.A.!
 - ★ Fundraise to attend the National Conference & Teen Video Awards!
 - ★ All involved students receive VIP invites!



Important Dates:

December 13, 2013

Video uploads begin

April 30, 2014

Video upload deadline

May 5-16, 2014

Public voting period

June 6, 2014

Nominees announced

August 8-9, 2014

NO BULL Conference &
Teen Video Awards

Video Subject:

Digital responsibility,
Anti-bullying

Video Lengths:

Full: 2-5 minutes

PSA: 30-60 seconds

Eligible:

Middle & High School
Students, Ages 13-18

How to Get Involved?

Promote social media responsibility, social action & a positive school climate using the power of music and filmmaking!

[NO BULL Teen Video Awards 2012 Nominees](#)

Click above to view video montage

- ★ Get your team together
- ★ Script your ideas
- ★ Deliver a positive & powerful message
- ★ Upload your film between 12/13/13 and 4/30/14
- ★ Fundraise, fundraise, fundraise! NO BULL your way to L.A. to attend the National Conference & VIP Teen Video Awards Show

CHANGE MAKERS REACHING MILLIONS

To get involved, visit: www.nobullchallenge.org

NO BULL Challenge Partners:

