

# YOU'VE GOT THE POWER

**A PEER-TO-PEER ANTI-BULLYING GUIDE  
FROM DOSOMETHING.ORG & POWER RANGERS**

I FOUND THE POWER  
TO BEAT BULLYING BY...  
encouraging CONFIDENCE  
in myself  
and the victim(s).

I FOUND THE POWER  
TO BEAT BULLYING  
BY PROMOTING  
SELF-LOVE  
CONFIDENCE

**1 IN 5**

**STUDENTS TODAY  
EXPERIENCES BULLYING.**

**BULLYING STOPS WITHIN 10 SECONDS OF SOMEONE INTERVENING,  
BUT 85% OF THE TIME NO ONE INTERVENES.**

That's why DoSomething.org partnered with Hasbro's Power Rangers for the You've Got the Power campaign! Young people have the power to beat bullying -- and to help younger students do the same.

DoSomething members submitted an **incredible** 39,000+ anti-bullying tactics, enough to create the largest crowdsourced anti-bullying guide EVER! Read below, and use the tactics to join our anti-bullying movement that's for students, by students.

# LETTER FROM THE CAMPAIGN LEAD

Dear DoSomething members,

I've had the privilege of going through the tens of thousands of tactics you've sent. I've seen your words, read your stories, and reviewed your photos. What can I say other than "WOW."

I am impressed, inspired, and completely awestruck by your courage, your smarts, and your passion to make change. Bullying is one of the most common problems in schools today, and you have given me -- and so many others -- hope that we can create schools where everyone is accepted and appreciated. You really do have the power, and I can't wait to see you unleash that power to change our world.

Thank you,



*Aki, Campaign Lead*



# TOP 4 ANTI-BULLYING TACTICS

There are a ton of extremely effective and proven ways to tackle bullying in your school and community. Of the 39,000+ tactics students submitted, here are the four most common.



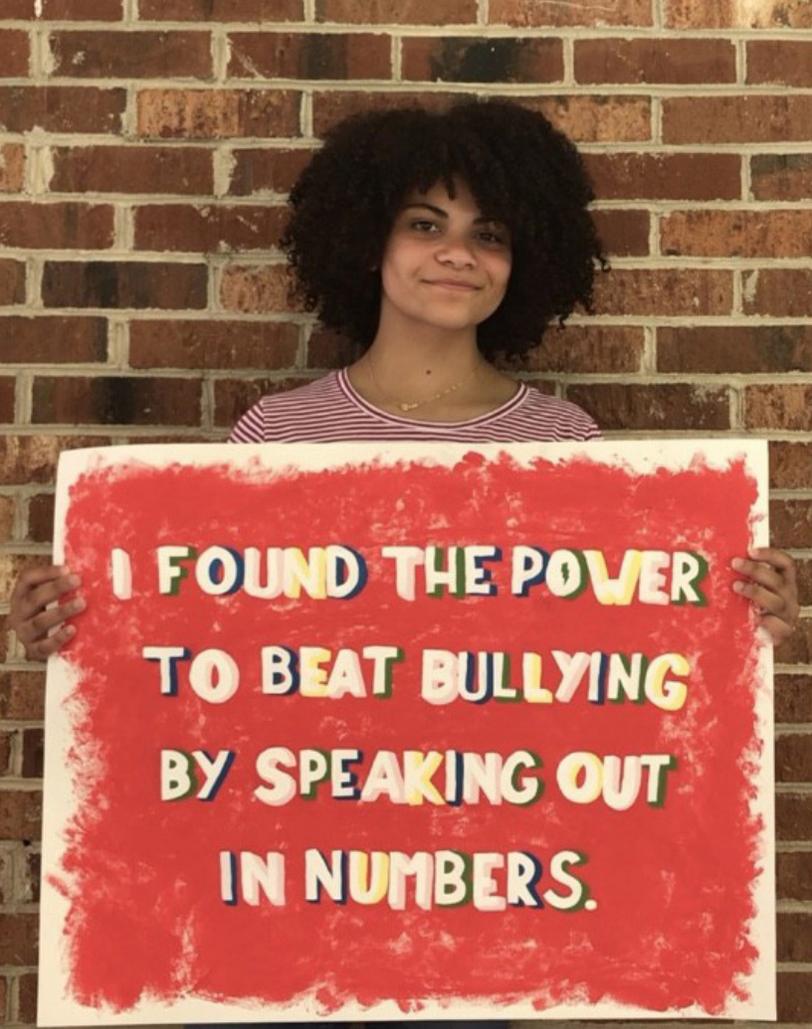
## 1. RESPECT YOURSELF

And insist that others respect you too. Know your worth, and remember that you deserve to be treated with respect and decency. You are great. You are different. And you are great because you're different. Maintain the mindset that you're a unique and amazing person, and that you deserve to be treated well, no matter what.

## 2. BE COMPASSIONATE

Loving yourself is crucial, and showing love and care for others is too. This could mean doing one random act of kindness every day or posting positive sticky notes around your school. It could be giving a compliment, sitting with a new student at lunch, or simply asking someone, "How's your day going?" and taking the time to listen. By showing classmates you value them and care about their lived experience, you can help others learn to love themselves and create a culture where people are accepted and respected.



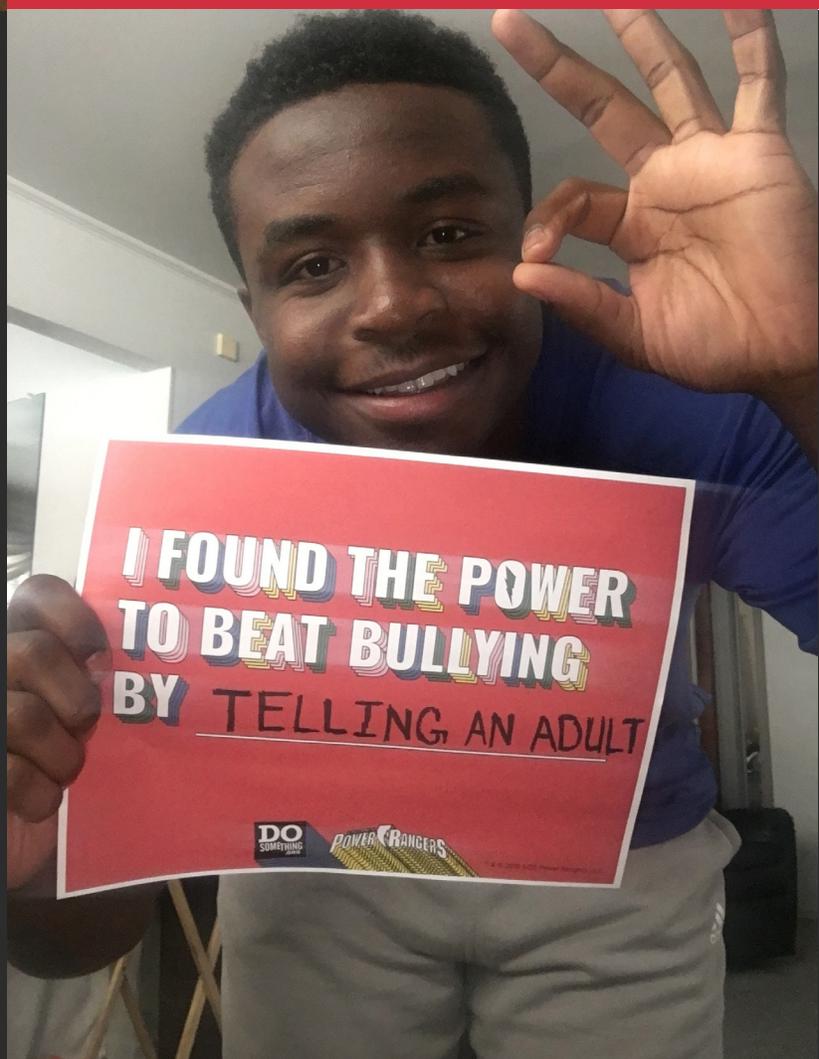


### 3. SPEAK UP

Going from bystander to upstander can be really hard. It's also one of the best ways to shut down bullying on the spot -- more than half the time, bullying stops when someone intervenes. Sure it's scary, but just a few words can change everything. If you see someone being bullied, try saying, "Ok, you've made your point" or "Just leave him alone" or "Come on, enough already." You could also take the bullied student by the arm and say, "Come with me. Let's just ignore them." Know that you DO have the power to say something -- and that thousands of students are stepping up to do the same.

### 4. TALK TO SOMEONE

Whether you've seen bullying or experienced it yourself, sharing the experience is really important. This isn't "tattling" -- it's being a responsible person and informing adults about a problem they're not aware of. Telling a trusted adult like a teacher, parent, or counselor gives them the opportunity to make changes that will keep \*everyone\* safer in school. And getting stuff off your chest is therapeutic and important also. Find a friend or a sibling -- they'll be glad to listen to you and offer advice on what to do.





## ADDITIONAL TACTICS

Looking for other ways to combat bullying?  
Here are other tactics tons of members suggested.

**STAND UP FOR YOURSELF**

**BE BRAVE/DON'T DISPLAY FEAR**

**SPEAK YOUR TRUTH**

**CONFRONT THE BULLY**

**GET TO KNOW THE BULLY**

**IGNORE THE NEGATIVITY**



# JEREMY LIN KNOWS YOU'VE GOT THE POWER

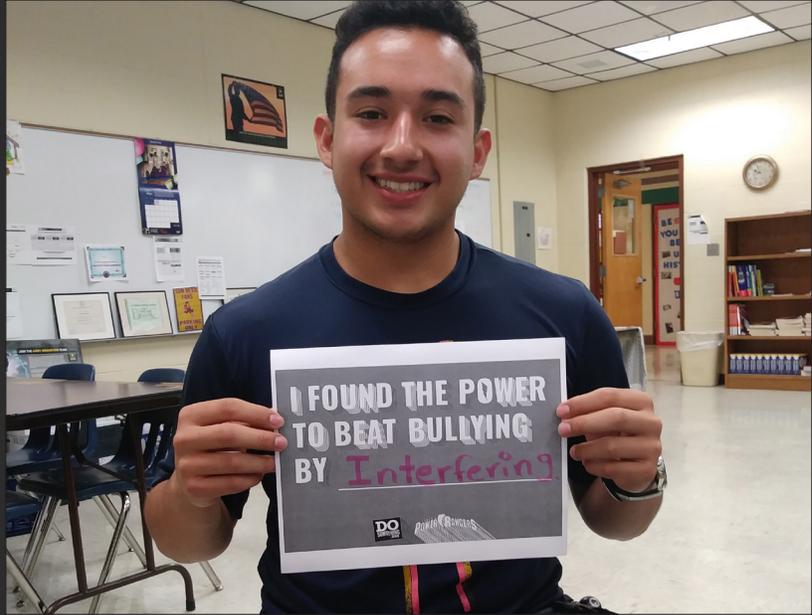
NBA player Jeremy Lin shared his own experience with bullying, and how one coach helped him find the power to overcome haters, doubters, and trolls.

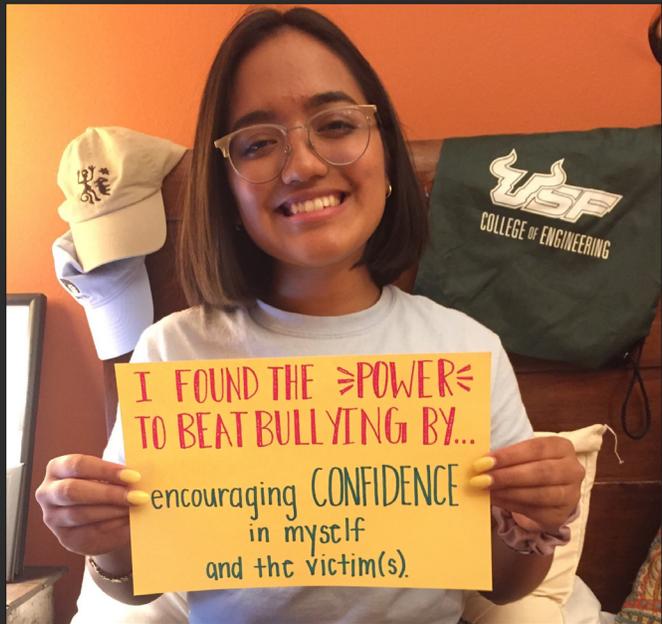
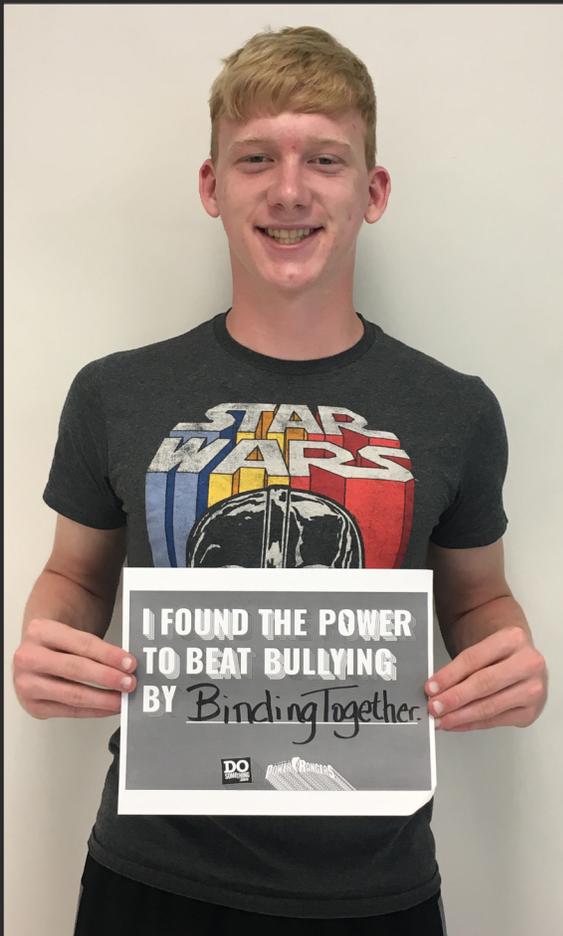
Watch the video [here](#).

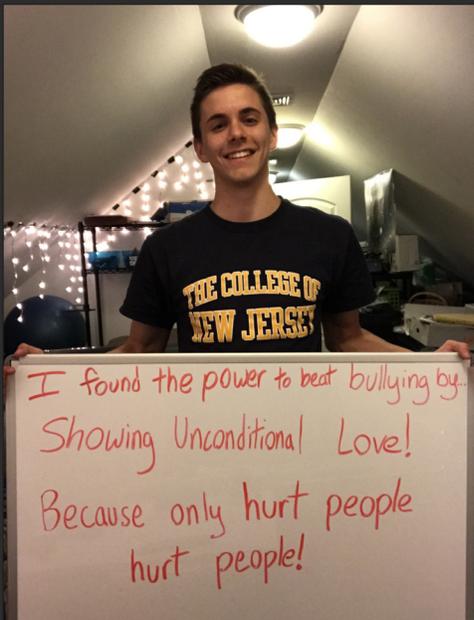
# MEMBER GALLERY

Check out some more of the incredible DoSomething members who rocked this campaign!









Looking for more ways to step up to bullying? Visit our partners at The Child Mind Institute or at No Bully.

DoSomething.org is the largest not-for-profit exclusively for young people and social change. Our digital platform is activating 6 million young people (and counting!) to create offline impact in every US area code and in 131 countries.