

I say #Stop and I Act

Fight Against School Bullying



Toolkit | 'No to Bullying' (NTB) Program

Teacher	Loïc.M	Date	March 12, 2026
Class	4e A Collège Y	Duration	10 sessions 20 hours

Overall Objective

Raise students' awareness of school bullying



Students explore the main issues related to school bullying. They understand its mechanisms, forms, and consequences, in order to develop responsible and supportive attitudes.

Targeted Skills

Skill 1

Understand and analyze a bullying situation.

Identify the roles, emotions, and stakes involved.

Skill 2

Develop empathy and respect for others.

Express your feelings and recognize those of others.

Skill 3

Express oneself clearly, both orally and in writing.

Describe, argue, and propose solutions.

Skill 4

Adopt a responsible attitude.

Know how to act as a witness, victim, or potential perpetrator.

Program Details

Preparation

Introduction of the theme.

Contextualization using an image, a short video, or an appropriate testimony.

Reminder of the framework of trust and kindness in the classroom.

Activities

Observation and analysis of a bullying situation.

Individual or group written work (questions, tables, making connections).

Guided discussions or class debates.

Action Phase

Role-playing or simulated situations to learn how to respond.

Collective development of a 'Bullying-Free Classroom' charter.

Identification of existing resources within the school.

Evaluation

Written or oral work demonstrating understanding of the phenomenon.

Self-assessment of attitudes toward bullying.

Observation of participation and engagement in discussions.

To Go Further



NOTES

Invite a guest speaker: school counselor, nurse, or association.

Implement a class project: posters, podcast, exhibition, or prevention message.