



**21**

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**GET**



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## 21 WAYS TO GET INVOLVED



### 1. JOIN THE MOVEMENT

The String Movement is a global movement of people that are committed to disarm bullying in their community. All you have to do to join with us is sign up online! It's as simple as that! By joining with us you are saying, you believe in what we do and want to Take Action. It is all of us, together, our collective voice that will make the difference.

### 2. TIE IT

Tie a piece of string around your wrist to show you're not okay with bullying!

### 3. TELL IT

Don't keep it to yourself! Tell it to your friends and share with them ways that they can get involved and disarm bullying in their world!

### 4. YELL IT

It doesn't have to stop there! Why not YELL IT in your world and use our Tool Kits found in the Resource Section of our website to Take Action in your school or community.

### 13. REQUEST A SPEAKER

The String Movement Team would love to share with the people in your world why we choose to Be Kind and Disarm Bullying all over the world. If you would like to request a speaker for your school, community center or event – Talk to our friendly team and we would love to help you to Take Action in your world.

Just email: [stringteam@thestringmovement.com](mailto:stringteam@thestringmovement.com)

### 14. HOST A THINK TANK

The String Movement THINK TANK is all about joining with the people in your world to come up with great ideas to make a difference and Disarm Bullying in your world. You don't have to be from the same school or even the same part of our town but invite those in your world to attend your THINK TANK. Download our Tool Kit online (resources) to find out more and remember fun, food and friends makes it all the more fun!

### 15. LEAD THE CHARGE

Start The String Movement as a part of your student leadership council or initiatives in your school or university. This is a fantastic way to get your friends and fellow leaders on board to keep momentum and make a difference in your local community. Host a String Movement THINK TANK, Share your Stories, raise awareness in order to Disarm Bullying in your world!

### 16. WEAR THE MESSAGE

Check out our online store and WEAR IT IN YOUR WORLD. Our merchandise is a great conversation starter and will help you to raise awareness and disarm bullying wherever you go! Look for the WEAR IT section of our website to find out more or send us an email to order your gear!

### 5. LEARN THE FACTS

There is nothing more annoying than a KNOW IT ALL – But the truth is when you Know IT and the reasons why we need to Disarm Bullying you will do everything you can! Keep up to date with the latest news stories found on the Worldwide Web as well as knowing the stats that are relevant to your community. This source is a great one if you're interested in getting a head start: <http://au.reachout.com/Bullying>

### 6. PARTNER WITH US

If you're part of a local community center, sporting club or corporate body there are a variety of ways that you can partner with us targeted to how you would like to help see us Take Action in order to spread the message far and wide. We are better together!

### 7. SHARE YOUR STORY

EVERYONE has a story! You can encourage others by writing your story, or by sharing how you are currently disarming bullying in your school or community. It's as simple as sending us an email or connecting with us via social media. To write to us: [stringteam@thestringmovement.com](mailto:stringteam@thestringmovement.com)

### 8. USE YOUR CREATIVITY TO MAKE A DIFFERENCE

Did you know that you can use your voice, creativity and community to make a difference? Host a dance competition to raise awareness, write songs, poetry or paint. We all have something that we can contribute to make a difference in our world. Don't underestimate the power of just BEING YOU & using the things that you are good at to Take Action to Disarm Bullying. Don't forget to share with our Team what it is that you are doing so we can make

### 17. STRING STATION

For free string, posters and fun – Invite our String Team to your lunchtime, community event or Think Tank. We love to share our Travelling Expo and we are lots of fun! Contact: [stringteam@thestringmovement.com](mailto:stringteam@thestringmovement.com) to find out more about inviting our Team to your next event.

### 18. LAUNCH IT

Launch The String Movement in your school assembly by sharing our videos, learning the facts and talking from our Speech Cards! Ask your principal for the opportunity to encourage your friends to BE KIND at your school. You could make a difference and who knows your friends might want to join the movement too?!

### 19. GO CORPORATE

Do you have a friend, family member or business contact that you think would like to partner their pennies, resource or time with us to YELL IT louder and help us to Take Action in more places all around the world? Share the movement with them and ask them to Partner with us to Disarm Bullying!

### 20. LET YOUR LOCAL NEWS KNOW IT

We are making a difference because of people like YOU that are choosing to TAKE ACTION, BE KIND and DISARM BULLYING. If you have joined the movement in your local community then why not be a voice in your local news and let them know of the cool things you are doing to make a difference.

### 21. BE KIND

There are so many ways that you can BE KIND and share the message in your world! It starts with the everyday decisions that we make to take responsibility for our ACTIONS and let others know that bullying is not okay. Check out our Resources for more ideas about how you can choose to BE KIND each day!

### 9. TELL YOUR TEACHER AND GET IT STARTED IN YOUR SCHOOL

Ever wondered how you could make your class at school more fun & make a difference in the world at the same time? Well now you can! The String Movement has launched its 4 Week Program for Teachers and you can request to have this as a part of a short course that your school runs as a part of your Health or Science classes. Everyone needs to learn about Bullying and what they can do to make a difference. In fact why not ask to make The String Movement as a part of YOUR schools official ANTI-BULLYING POLICY. Just go to the Resources section of our website and print out our Tool Kits for Teachers to share it with them. Don't forget to ask your teacher to sign up your school online and send us an email to let us know you're getting started with The String Movement in your school.

### 10. POST IT, VLOG IT, BLOG IT

Ever wondered how you could make a difference to the growing issue of CYBER BULLYING? Why not BE KIND over your social media and share about The String Movement to your online community. Post a kind status to encourage a friend, create a short video to talk about why you have joined The String Movement and keep up to date with the latest news on The String Movement Blog and share about it on your social networks.

### 11. CONTRIBUTE TO YOUR SCHOOL NEWS

Ask your Teacher if you can contribute to your school newsletter by creating a STRING MOVEMENT / BE KIND stream. You could post encouraging quotes, thoughts of the day and be leading the charge in your school by disarming bullying in the news!

### 12. BILLBOARD IT

Do you travel on public transport to get to school? We all know that it can take awhile waiting at Train Stations or Transit Lines. Have you ever thought of printing out our posters or ordering some of our stickers to share with the people you meet? Billboards and noticeboards are there to share community news so come prepared to stick a poster up or two whilst you're waiting next time.

