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THE STRING MOVEMENT

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TOOL KIT



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Welcome to the String Movement

A letter from Director Sarah Khiroya

Hi my name is Sarah Khiroya, a lot of people ask me so where did this all begin I guess it all began a few years back when I couldn't bear to hear one more story of a young person being bullied at school or another tv report of someone taking their own life as a result of bullying. I guess if you're reading this you probably feel the same way! I would hear how bullying was destroying lives, causing depression and insecurities then I would look to the facts to find out that multiplied thousands of young people would not go to school each day because they were afraid of being bullied. Just hearing the facts and seeing the stories gave me a passion to do something about it. I knew that something needed to be done but that there was no way that we could do it alone. I knew

that it would take a generation to join together to say that they were not okay with bullying. So that's where you come into it! The String Movement exists to Disarm Bullying. We believe that if enough people join together to say that they will not tolerate bullying any longer than together we can Disarm Bullying for good!

If we all did our part we could see schools change to be places where young people can go and be FREE – Free to get an education, free to be themselves, free to laugh, free to succeed, free to give things a go! So I encourage you to check out our Tool Kit and find out the many ways that you can be involved!

Together we can Disarm Bullying!

Sarah Khiroya



GET

The String Movement is about encouraging people around the world to use their voice, creativity and community to help spread the message that bullying is not okay!

STARTED



The String Team have made it really easy for you to play your part. Everything you need to get started is right here!

RIGHT HERE!

HERE!



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3 WAYS TO GET INVOLVED

Three ways to get involved with The String Movement. Also visit our website for more information and a downloadable Tool Kit in the form of a PDF.



1.

TIE IT

The First Move is to... Tie a piece of string around your wrist to show that you're not okay with Bullying

1. To create awareness
2. To show you're a part of The String Movement
3. To be a refuge to those who are being bullied
4. To show that you're a part of a peaceful resistance

2.

TELL IT

Once you've heard the facts why not share it with your friends too? Get, String for your friends. Share the message with your friends by starting conversation over social media! We've made it real easy for you, why not download our video, learn the facts or get some of our string gear so you can wear the message and use it to start conversation in your world. Why not host a battle of the bands, a sporting event, school play or gala day to rally your community, show the facts and spread the message. Write songs, poetry or paint! Use your school holidays to gather your friends and host a String Movement meeting to discuss all the creative ways that you can be kind this school term. Check out the Letter to Your principal, Speech Cards and Poster downloads on the next few pages and use them to TELL IT!

3.

YELL IT

SOME USE GUNS, SOME USE KNIVES, SOME USE WORDS.....
AND SOME USE KINDNESS.

"We're passionate enough to believe that if enough people join together and say that they won't tolerate bullying anymore, that in our generation we can disarm bullying for good!" – Sarah Khiroya, Founder

We believe that as The String Movement we can truly make a difference to the issue of Bullying by simply just being KIND. **YELL IT** is the simple idea that **ACTIONS SPEAK LOUDER THAN WORDS**. There are thousands of **WAYS TO BE KIND**...So Yell it in your world! We can all play our part to make a difference. To change the culture of bullying within society, we need to make simple decisions every day to choose **KINDNESS**. There are many ways to **YELL IT** and **BE Kind**. Keep reading to find out how!

If you haven't already jump online and Join the Movement! We can keep you in the know with all of The String Movement programs, upcoming events and latest resources!

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TO DISARM BULLYING

TIE A PIECE OF

STRING

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AROUND YOUR WRIST

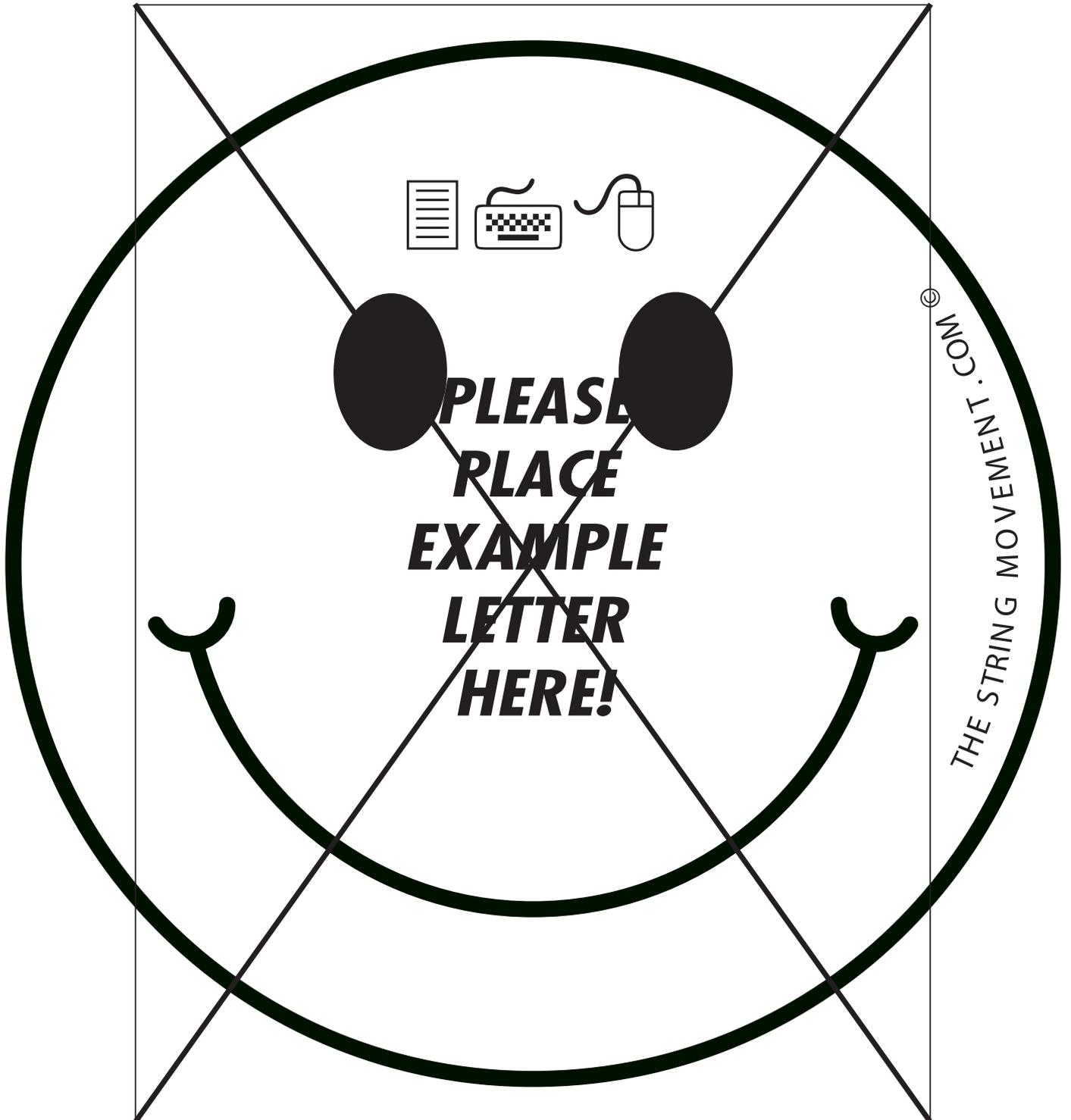
**TO SHOW YOU
ARE NOT**

**O.K.
WITH BULLYING**



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EXAMPLE OF LETTER TO YOUR PRINCIPAL



YOU CAN GET THE WORDING FROM OUR WEBSITE TO CUSTOMISE YOUR LETTER TO YOUR PRINCIPAL TODAY!



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WAYS

TO

BE

KIND



**TOGETHER
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BULLYING**

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