



PRESENTER'S SCRIPT & FACT SHEET

Dear Awesome Presenter,

Thank you for volunteering to talk to your classmates and teachers about the Be A Friend Project and the Friend Mail Program! Before your presentation it's a good idea to give the teacher the hand-out for the current Recipient, and show them this link: www.beafriendproject.org/friendmail.

Here is a script that you can use when talking to the class. You can also change it in any way that feels comfortable to you. If possible, you can start your presentation with the ("sizzle reel") video from the [Google Drive Presentation Folder](#).

Hi everyone! My name is _____ and I'm an Ambassador for the Be A Friend Project.

Did you know...

Over 3.2 million students are victims of bullying every year in the United States

One hundred and sixty-thousand of those kids stay home from school every day because they're afraid of being bullied

About one out of every 10 students will drop out or change schools because of bullying

At the same time, two-thirds of kids reported that they are willing to step in to defend, support, or assist those being bullied at school and online when they see it

(Presenters can research and add their own statistics, if wanted.)

The Be A Friend Project is a national network of student 'Upstanders' – kids just like us - working to end bullying and its traumatic consequences, save the lives of their bullied peers and build kinder communities.

The Be A Friend Project works in many different ways. They have a Kindness Club program, a school musical production and they send small gifts to bullied kids at the holidays. They hold different fundraising events throughout the year and they even have a Teen Kindness Board that comes up with new ideas and programs.

Another way the Be A Friend Project works is to send surprise letters and artwork called "Friend Mail" from students across the country to kids that have been bullied. Since 2015, the Project has delivered close to 100,000 letters! Each Friend Mail Recipient gets between 700 and 2,000 letters!

By reaching out and being kind, these letters help kids who have been bullied to stay strong and know they are not alone.

We all can make a difference. Any student from Kindergarten through 12th grade can write or draw letters, or even send videos through the Be A Friend Project. We all have the power to help just by using kind words and art.

Every month, the Be A Friend Project features a new student to get surprise mail. I'm hoping that we can all become "FRIEND STRONG" AMBASSADORS and join the Friend Mail Program!

(Presenter, here you can tell everyone about the current Recipient! If possible, please play the latest Friend Mail Recipient's story video. If not possible, you can tell the group about them. We will use Josh as an example of what you might say...

Example: "Right now the Recipient is an 11-year-old boy from Oklahoma. His name is Josh. He gets bullied for his autism and also for wearing glasses. He loves Superheroes, like Superman and Batman, and he loves origami. Josh blames himself for being bullied because he's different. But we need to tell him that being different is cool and no one deserves to be bullied EVER!")

Friend Mail can be a letter, a poster, a video or thoughtful handmade gift. It can be from one person or a group project. If you write a letter of support, you can share a little bit about yourself, too, like your first name, what grade you're in and what you have in common. You can draw a picture of something that might make the recipient happy. You can be creative and put your heart into it.

The Be A Friend Project has a saying: "Change one life and you can change the world."

We can help change one life today by writing to [\(name of current Recipient\)](#).

Thank you!

RESOURCES INSIDE PRESENTER'S GOOGLE DRIVE FOLDER

1. BAFP "Sizzle Reel" (All About the Be A Friend Project) VIDEO: BE A FRIEND PROJECT: "KIDS FOR KIDS" BULLYING PREVENTION & KINDNESS ACTIVISM.
2. Story Video for current Friend Mail Recipient
3. PDF Hand-out of current Recipient's story
4. POWERPOINT/SLIDESHOW "All About Participating in the BAFP Friend Mail Program." *(This can be used as part of your presentation or you might watch it to learn more so you can answer questions!)*