



How Do You Feel When People Look at You?

2013 NO BULL Best Community Involvement Award

Click above to view video



Film by: Ashlynn Wilson
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Did you know that
bullying begins at
age 6?

What have you been
bullied for?

At what age have you seen bullying begin?

When was the first time you were bullied or began to bully
someone else?

Freak! Fat! Ugly!
Skank! Skinny! Brace
face! Four eyes!

Brilliant! Beautiful!
Pretty! Kind! Smart!
Fearless!

Can words really change how we feel about ourselves?

Are we more inclined to believe the bad over the good?

Only 10% of bullying victims tell adults...

Mom
Dad
Teacher
Counselor
Coach

Why do most teens shy away from telling a trusted adult that they have been bullied?

If you were being bullied why, or why wouldn't you tell an adult?

I see me and I see someone
smart, funny and
beautiful...

...You see me and you see
someone nerdy, loud and
annoying

Why do we allow ourselves to be seen through the eyes of
others?

How can you help yourself or someone you know who feels this
way feel good about themselves again?

How do you define **BULLYING**?

- ★ What is it?
- ★ How is social media used to bully?
- ★ Why is it difficult to “stand-up” for the target of a bully?

How do you promote **DIGITAL RESPONSIBILITY**?

- ★ What actions have you taken?
- ★ How can you implement in your school?
- ★ Why is it important to be responsible when using all things digital?

The NO BULL Challenge

Change Starts With You
SPEAK UP – Let Your
Voice Be Heard!

NO BULL is committed to creating and inspiring youth-led films as a platform for dialogue on the most important issues of our time.



The challenge to YOU...

- ★ Get Involved!
- ★ Make a PSA or short film
- ★ Make a Statement!
- ★ Take a Stand!

Prizes include the coveted Noble Award, scholarships, custom one-of-a-kind signet ring designed by Balfour, video cameras and a trip to Sundance Film Festival.

What is the NO BULL Challenge?

The NO BULL Teen Video Awards

Click above for highlights

- ★ Individual students or teams create a 2-5 minute short film or 30-60 second PSA promoting digital responsibility in an effort to end bullying/cyberbullying
- ★ Top 50 videos will be selected by public voting
- ★ Nominees and Winners will be selected by judges panel
- ★ You could win prizes like:
 - ★ Scholarship, one-of-a-kind NO BULL signet ring designed by Balfour, video camera, a trip to Sundance Film Festival and much more
- ★ NO BULL your way to L.A.!
 - ★ Fundraise to attend the National Conference & Teen Video Awards!
 - ★ All involved students receive VIP invites!



Important Dates:

December 13, 2013

Video uploads begin

April 30, 2014

Video upload deadline

May 5-16, 2014

Public voting period

June 6, 2014

Nominees announced

August 8-9, 2014

NO BULL Conference &
Teen Video Awards

Video Subject:

Digital responsibility,
Anti-bullying

Video Lengths:

Full: 2-5 minutes

PSA: 30-60 seconds

Eligible:

Middle & High School
Students, Ages 13-18

CHANGE MAKERS REACHING MILLIONS

To get involved, visit: www.nobullchallenge.org

NO BULL Challenge Partners:

