

PRESENTER'S SCRIPT & FACT SHEET



(Dear Awesome Presenter, before you talk to the class about the Be a Friend Project, it's a good idea to give the teacher the hand-out for the current Recipient, and show them this link: <https://www.beafriendproject.org/getstarted>.)

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.)

My name is _____ and I am an Ambassador for the Be A Friend Project.

The Be A Friend Project is an organization of Upstanders whose mission is to support bullied kids and build kinder communities using empathy, education and peer support.

One way they do this is to send surprise letters called "Friend Mail" from students across the country to kids that have been bullied. Since 2015, the Project has delivered over 60,000 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.

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 miss out on school every day because they're afraid of being bullied when they show up.

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

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

I'm hoping this class can become "FRIEND STRONG" AMBASSADORS! Every month, the Project features a new "Recipient" to get surprise letters.

(Dear Presenter, here you can tell everyone about the current Recipient! We will use Josh as an example...)

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!"

In your letter, you can share a little bit about yourself, too, like your first name, what grade you're in and what you have in common.

The 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!