

# Don't Be A Bully Foundation, Inc.



I PLEDGE  
**DBAB**

# **DON'T BE A BULLY**

**IT'S NOT COOL**

[www.dontbeabully.org](http://www.dontbeabully.org)

# Don't Be A Bully Foundation Workshops / Programs

## **DBAB Anti-bullying 101 Workshop (Ages 5-15)**

The DBAB Anti-bullying 101 workshop offer techniques & strategies to identify and prevent bullying while making a difference in a school/classroom environment. Students will learn the emotional and psychological impact on both the victim and the perpetrator. Students will also learn to develop the courage to speak up and speak out about bullying, having respect for themselves and others. Through our interactive program, we get the entire school involved and students will take a pledge to speak up and speak out against bullying. Our mission is to help create a safe learning environment for students.

## **DBAB Cyberbullying 101 Workshop (Youth Ages 10-15)**

The DBAB Cyberbullying workshop offers tips and techniques for recognizing, preventing and understanding more about cyberbullying. Facilitators will use slides and videos that show the role of the Internet in the lives of young people, the pros and cons of the internet, and how to identify and help prevent or stop cyber-bullying. Youth will also be educated on what is considered inappropriate or harassing messages, texts, and pictures and how their behavior can harm others through social media.

## **DBAB Cyberbullying 101 Parents Workshop**

The DBAB Cyberbullying 101 workshop for parents will help adults learn how children and teens use the Internet. Tips and techniques will be discussed/offered for recognizing, preventing and understanding more about cyberbullying. Facilitators will use slides and videos that show the role of the Internet in the lives of young people, the pros and cons of the online world, and how to identify and help prevent or stop cyber-bullying. Finally, we will offer parents and other adults ways to help children to manage their online lives safely and ethically, emphasizing that it is possible to guide children in smart Internet use without having technical skills.

## **DBAB Leading By Example Workshop**

A workshop that focuses on helping students learn the core principles of leadership and understanding their own leadership style. Students will complete this program with a heightened understanding of how to be an effective leader, and more specifically how to display leadership skills to incite positive behaviors in any environment. This program address youth from grades K-8.

## **DBAB Respect Workshop**

Students will become more confident in who they are, exhibit behaviors and attitudes that respects others, and understand and appreciate of cultural and human differences.



# Don't Be A Bully Foundation Programs Setup/Requirements

## **PACKAGE A (I PLEDGE DBAB Anti-bullying Interactive Presentation & Q/A session)**

**Our Anti-bullying presentation was created by Doctoral Students at the University of GA in Counseling and Student Personnel Services Programs .**

- ◇ Assembly time: 45minutes
- ◇ Consists of 2 DBAB Team Members
- ◇ Setup/Breakdown Time: 45minutes-1hour before and afterwards
- ◇ Assembly requirement: Projector/ Screen and Microphone
- ◇ Students will participate in an Interactive DBAB Soldier's Pledge ( Pledge to speak up and speak out against bullying).  
**Optional:** Anti-bullying buttons available for students taking the pledge. \$1.00 ea.
- ◇ Prize giveaways for students participation during Q&A
- ◇ **(Cost also includes DBAB workshops for Leading By Example, Cyberbullying 101 and DBAB Respect)**

## **PACKAGE B (Don't Be A Bully! Speak Up! Speak Out! FULL Stage Production)**

Assembly consists of full cast (11)/Directors(2)/ Stage production/Sound Staff (3)/Production parent chaperones

- ◇ Assembly time: 45 minutes-1 hour
- ◇ Consists of 4-6 DBAB Production Crew Members. Includes full stage background setup, sound system with 2 speakers, sound board, lavalier microphones for cast
- ◇ Assembly requirement: Will need use of a Projector/Screen and Microphone
- ◇ Production needs to be setup on stage or on gym floor.
- ◇ Needed for use in our classroom scene: 2 Tables, 11-13 student desks or chairs, teacher's desk, projector and screen for educational video shown during production.
- ◇ **Unload-Set up time:** 2 hours / **Breakdown time:** 2 hours / **Sound check:** 2-3 hours

***(DBAB Fundraiser kit available to help offset cost of production) No upfront cost for schools.***

### **DBAB OUT OF STATE PRODUCTION EXPENSES**

Production expenses can increase when performing in larger venues or auditoriums that require paying for a professional sound board engineer, additional stage assistants or lighting technician.

**Travel Expenses:** Expenses are based on distance and will be calculated accordingly. Schools located outside of the Atlanta metro area may incur additional travel expenses (Bus/Van transportation for cast, chaperones, stage equipment and set)

All out of State Travel Expenses will include hotel, transportation and meal expenses for cast and production crew.



**Don't Be A Bully (DBAB) Foundation Needs Your Support**  
**Community In-Kind Donation/Contribution/Sponsorship Form**

Don't Be A Bully (DBAB) Foundation, Inc. depends on individual and corporate sponsors to help us with our mission. Your contributions and donations will directly benefit the youth in our program and the community. We are seeking monetary, products donations or gift cards for Don't Be A Bully (DBAB) Foundation, Inc. activities, events, youth and community programs. We will provide recognition of your generous gift at the event, on the program and on our website.

**Name of Sponsoring Company/Individual:** \_\_\_\_\_

**Contact Person:** \_\_\_\_\_

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**Office Telephone:** \_\_\_\_\_ **Home:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Contact Person Email address:** \_\_\_\_\_

**PRODUCTS or SERVICES:**  
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**Contribution/Donation/In-Kind Donations Confirmation Signature:**  
\_\_\_\_\_

**Please make your check or money order payable to:**

**Don't Be A Bully (DBAB) Foundation, Inc.**  
**C/O Kim C. Davis**  
**Post Office Box 7174**  
**Douglasville, Georgia 30154**

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In-Kind Food/Product Donation/Support	Value amount	\$ _____
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Platinum Sponsor \$1,000 - \$1,999	Contribution amount	\$ _____
Diamond Sponsor \$2,000 +	Contribution amount	\$ _____
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Vendor Sponsor \$3,000 +	Contribution amount	\$ _____