

Theme list

Take action against bullying! contest

You will find in a list of themes within this document which you can choose to talk about bullying. Many situations can be considered bullying and it's important to know them all in order to prevent or fight against them efficiently.

Being bullied can happen to anyone! Sometimes heterosexual or cisgender¹ people can suffer from the same discriminations as LGBTQ+² people because bullies assume they are lesbian, gay, bisexual or trans and that kind of discrimination is as reprehensible.

1. Words matter

What if we took a second to think about what we are actually saying?

We don't always realize it, but the words that we use every day have great importance. Just think about the words and expressions that can hurt people from the LGBTQ+ communities, or that can denigrate their sexual orientation or their gender identity. It's up to each individual to use more inclusive and respectful vocabulary.

If you choose this theme, your script will have to address the impact of the pejorative vocabulary concerning LGBTQ+ people and realities in the context of bullying or harassment.

2. If I were you

Bullying is dangerous... For everyone.

What are bullies thinking? Why do they feel like they need to act that way? What does the person that suffers from bullying feel? Often just understanding what is happening and seeing the situation from both sides can help resolve a conflict and being empathetic can have a positive impact.

Just keep in mind that understanding what the other feels doesn't justify intimidating or violent behaviour.

If you choose this theme, your script will have to address the consequences of bullying (linked to sexism, gender stereotypes, sexual orientation or gender diversity) as seen from both sides of the conflict: the bully and the person being bullied.

¹ A cisgender person is a person whose gender identity agrees with their biology or sex assigned at birth.

² "LGBTQ+" refers to all gender and sexual diversity realities, including, but not limited to, the realities of individuals who identify as lesbian, gay, bisexual, transgender, queer, intersex, Two-Spirit, non-binary, asexual and aromantic. To learn more about those realities, follow [this link](#).

Note: Intimidating language or behavior can't be glorified. You have to show how bullying doesn't have an upside for anyone involved.

3. Eureka!

What would happen if everyone got together to fight bullying and violence?

Today you can find support and resources in various community centres, organizations and even online. In some schools in Quebec students are developing solutions³ on their own.

Fighting against bullying means taking a stand and understanding that we are accountable if we don't say anything. When someone is being harassed, bullied, or intimidated, witnesses can stop the behaviour and save the day simply by refusing to ignore what's happening.

If you choose this theme, your script will have to address solutions to fight against sexism, gender stereotypes, sexual orientation-based or gender-based bullying. You can also imagine an ideal school, where bullying and violence don't exist. Don't be afraid to be creative!

4. Behind the keyboard

We hear a lot about cyberbullying, but do we really know what it is?

A derogatory sentence or comment on the social media can destroy reputations, relationships and can even destroy people's lives. Those who identify as LGBTQ+ can feel a lot of anxiety because of the fear of being "outed" which means that their sexual orientation or trans identity would be revealed to everyone without their consent.

If you choose this theme, your script will have to address the different forms of cyberbullying linked to sexual orientation or gender: it can be about moral harassment, privacy invasion, threats or insults on the social media, etc.

5. Who do you think I am?

Why are stereotypes dangerous?

Stereotypes can cause pain because it's awful to be associated to someone or something that we don't identify with and everyone should be concerned by this. Non-LGBTQ+ people can suffer from homophobia or transphobia as well because certain characteristics (clothes, behaviors, voices, preferences) are associated with a sexual orientation or a gender that is different. For example, in our society a boy that

³ Follow [this link](#) to see what a good example the Dollar-des-Ormeaux school is setting!
(french only)

wears pink is likely to be laughed at because pink is often associated with femininity. A girl who does combat sports can be witness to offensive comments such as “that sport is not an activity suited for a girl”.

If you choose this theme, your script will have to address the stereotypes that are associated with gender, gender diversity and sexual orientation. You can also address the way stereotypes can enforce some other types of discrimination such as sexism or racism.

6. Respect my limits

Because of the recent #Metoo movement (if you don't know what it is, you can find information at [this page](#)), a dialogue has begun regarding what the terms consent and sexual harassment really mean. It's an important topic, and it **must** be discussed in schools.

The questions that have to be addressed in this script are:

What is consent?

How do you know if someone has given you his or her consent?

What's the danger of sexting?

What is sexual harassment?

What are the limits that have to be respected?

If you choose this theme, your script will have to address sexual harassment, consent or sexting, linked to the realities of people from the gender and sexual orientation minorities. This subject is touchy, but it is very important: the consequences of sexual harassment have to be stated out loud and not hidden, because we have to know which behaviors and words are respectful, and which are not.

7. Different is beautiful :

When you are a teenager one of your worst fears is to feel or to look different from other people, but imagine for a moment how sad the world would be if we all looked alike?

With this script, you have a way to celebrate differences instead of fearing them, because it's one of the paths to a better world.

If you choose this theme, your script will have to address the fear of being different that LGBTQ+ people have to live with. This can also address situations like coming out, or acceptance of your own sexual orientation or gender identity.