

## Peaceful Schools-NC

*A project of the North Carolina Psychoanalytic Foundation*

### **Courage Rocks! Be Bold Festival** **Community Service Learning**

You are invited to get involved and learn about the roles we play in bullying situations and how we can gain the courage to be bold against bullying. Creating safe and peaceful school communities will require bystanders to understand their role and receive training that emphasizes common language and processes. With your help, we will be able to shift how we think about bullying in our community.



#### **Get a Patch!**

#### **Attend the Courage Rocks! Be Bold Festival!**

For a limited time, patches will be provided to groups who complete one or more of the following suggested learning activities. Patches are guaranteed for groups who complete the attached form and return it or who orders them online at [www.couragerocks.com](http://www.couragerocks.com) by **March 20, 2013**.

*Patches will be distributed based on availability after March 20, 2013. All patches are to be picked up at the Courage Rocks! Be Bold Festival unless other arrangements have been made.*

#### **Suggested Community Service Learning Activities:**

- Pre-order activity band by March 20, 2013 and attend the Courage Rocks! Be Bold Festival on April 14, 2013. Visit [www.couragerocks.com](http://www.couragerocks.com) for details.
- Talk about the role of the Bully, Victim, and Bystander at a meeting and make a sign about being a Bold Bystander to be posted at the Festival.
- Help us spread the word about the festival. Post our flyer on 10 local bulletin boards, school newsletters, or online discussion groups.
- Have a fundraising event and donate the proceeds to Peaceful Schools-NC. Suggested ideas: have a car wash, lemonade stand or be a part of team NCPF and walk in the Great Human Race (April 6, 2013).
- Collect donations to create a gift basket or donation a single item with a value of \$100 or more for the raffle at the festival. Be sure to include your tribe/group name on the donation.
- Read one of our recommended books at your meeting and talk about the message that the book relays. (*list available at [www.couragerocks.com](http://www.couragerocks.com)*)

**Contact Sarah Stiegler to discuss any of these options at**  
**[sstiegler@ncpsychoanalysis.org](mailto:ssiegler@ncpsychoanalysis.org).**

For more information: visit [www.couragerocks.com](http://www.couragerocks.com), email [info@ncpsychoanalysis.org](mailto:info@ncpsychoanalysis.org) or call 919-847-2323

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### **Courage Rocks! Be Bold Festival** **Community Service Learning**

Date: \_\_\_\_\_

Group: \_\_\_\_\_

Group Size: \_\_\_\_\_ Do you want Patches? Yes No # of Patches: \_\_\_\_\_

Contact Name: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

**Patches can be picked up at the Courage Rocks! Be Bold Festival on April 14, 2013**

*Check here if you need to make other arrangements to pick up patches.*

#### **Check All that Apply:**

We have pre-ordered activity bands and will attend the Courage Rocks! Be Bold Festival on April 14, 2013.

We have talked about the role of the Bully, Victim, and Bystander at a meeting and made signs about being a Bold Bystander to be posted at the Courage Rocks! Be Bold Festival. We will contact you directly about poster delivery.

We have spread the word about the festival by posting flyers/posters on at least 10 local bulletin boards, our school newsletter, online calendars, or discussion groups. We will contact you with details.

We have had a fundraising event and are donating the proceeds to Peaceful Schools-NC. (Ideas include a car wash, lemonade stand, or walking with Team NCPF in the Great Human Race on April 6, 2013.) Our event was: \_\_\_\_\_

We collected donations to create a basket or a single item with a value of \$100 or more for the raffle at the festival. We will include our group's name on the basket. Contact us about how NCPF may pick up our donation. We can be reached at: \_\_\_\_\_

We read a recommended book at a meeting and talked about the book's message. The book was: \_\_\_\_\_

Please return this form via: (FAX) 919-847-2323, (EMAIL) [info@ncpsychoanalysis.org](mailto:info@ncpsychoanalysis.org) or (MAIL) NC Psychoanalytic Foundation, 901 Paverstone Drive, Suite 11, Raleigh, NC 27615

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