



## *Viktor's Quest To S.T.O.P. Bullying*

**S**tand up. **T**ake Action. **O**pen up. **P**rotect yourself.

The Minnesota Vikings are proud to partner with PACER's National Bullying Prevention Center to offer our popular school program, "Viktor's Quest to S.T.O.P. Bullying". This FREE program carries out the mission of Viktor and the Vikings to empower students across Minnesota to STOP bullying in their schools.

"Viktor's Quest to S.T.O.P. Bullying" is an interactive, educational bullying prevention assembly that features Viktor, the Official Mascot of the Minnesota Vikings, and an emcee virtually at your school. The program includes interactive call-in guests, featuring Adam Thielen and Danielle Hunter (Minnesota Vikings Players), Paul Allen (Vikings Radio Network), and Minnesota Vikings Cheerleaders.

### *What Students Learn*

- How to identify a bullying situation
- Different roles people play in bullying
- Ways to safely and responsibly STOP bullying

### *Logistics*

- Video run time of approximately 25 minutes
- Fully virtual via a Vimeo link
- Perfect for whatever learning model your students are currently in
- Groups can range from 75-500 students
- A completely **FREE** program

### *The program targets three key areas:*

**1** **S.T.O.P** (*Stand up to the bullying, Take appropriate action, Open up to an adult, Protect yourself and others*)

**2** **FOUR TYPES OF BULLYING**  
(*Verbal Bullying, Physical Bullying, Social Bullying, Cyber Bullying*)

**3** **ROLES PEOPLE PLAY IN BULLYING**  
(*Person bullying, Person being bullied, People who watch or run away, People who encourage bullying*)



The program is best suited for grades K-5 and focuses on informing and empowering students to STOP bullying in their school. Nominate your school today for a chance to bring this incredible free program to your school! There are limited spots available for the 2021-2022 school year, so don't miss out on this great opportunity! We look forward to hearing from you and visiting your school.

### *Join Viktor's Quest to Stop Bullying!*

Nominate your school for a Viktor's Quest to S.T.O.P. Bullying assembly here:  
[Viktor@vikings.nfl.net](mailto:Viktor@vikings.nfl.net)



**PACER's National Bullying Prevention Center®**  
The End of Bullying Begins With You | [PACER.org/Bullying](https://PACER.org/Bullying)