



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

Stand up. Take Action. Open up. Protect yourself.

The Minnesota Vikings are proud to partner with Buffalo Wild Wings and 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 LIVE at your school. Viktor and his emcee will come out to your school, and all they need is empty space and an electrical outlet for the assembly. 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

- Setup time of about two hours
- Program run time of approx. 40 min
- Ideal performance venues include auditoriums and gymnasiums
- Viktor brings all the necessary equipment for the show, and only requires open space and an electrical outlet
- Groups can range from 75-500 students
- A completely

FREE program

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

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!

