

Bullying Prevention

Unity Day Promotes Kindness, Acceptance, and Inclusion

Part 1



Unity Day - Wednesday, October 18th

October is National Bullying Prevention Month in the U.S. and this year its signature event, Unity Day, is Wednesday, October 18th. The goal of the day is to bring together youth, parents, educators, businesses, and community members across the nation to emphasize the message that bullying is not acceptable and all students deserve to be safe in school, online, and in the community. Orange is the designated color for this day because it is commonly associated with safety, visibility, and protection.

The call to action is simple - to wear and share the color **ORANGE** - as a visual representation of the supportive, universal message that our society wants to prevent bullying, and is united for kindness, acceptance, and inclusion.

This newsletter has information about various Unity Day activities to help you plan ways to support Unity Day in your school. So let's participate and show that our schools and our community believe that no child should ever experience bullying.



PREVENTION SERVICES

IN THIS ISSUE

UNITY DAY	1
PACER	2
ACTIVITIES	2
RESOURCES	3

PACER's (Parent Advocacy Coalition for Educational Rights) National Bullying Prevention Center actively leads social change to prevent childhood bullying, so that all youth are safe and supported. Below are links to Pacer resources.

[PACER.org/Bullying](https://www.pacer.org/Bullying) - Resources for parents, educators, and students

[PACERTeensAgainstBullying.org](https://www.pacer.org/TeensAgainstBullying.org) - Interactive, relevant ways for middle and high school students to address bullying

[PACERKidsAgainstBullying.org](https://www.pacer.org/KidsAgainstBullying.org) - Fun, engaging activities and information for elementary school students



UNITY DAY ACTIVITIES

All Grades

- ⇒ **Encourage** students to Take "The Pledge".
K-5 Pledge **MS/HS Pledge**
- ⇒ **Wear** something orange in support of bullying prevention. It can be a T-shirt, shoelaces, sunglasses, socks...whatever you can think of!
- ⇒ **Share** your story. If students feel comfortable, have them tell about a bullying experience they have had and how it impacted them.
- ⇒ **Allow** students to spend some time exploring Pacer.org's bullying prevention **website** for kids and teens.

Elementary School

- ⇒ **Create** a Sticky Note Mural. Write a question about bullying on a bulletin board or poster and have students write their answers on sticky notes to post underneath.
- ⇒ **Make** footprints out of orange paper and ask students to reflect on the steps they can take to create a world without bullying.
Learn more about making footprints.
- ⇒ **Have** a schoolwide Unity Day door-decorating contest and then have a parade so students can view all the different doors.

Middle School

- ⇒ **Create** a Unity Mural. It could contain short statements from students about why it's important to be united, or they could draw pictures, or write poems or stories that depict the importance of kindness, acceptance, and inclusion.
- ⇒ **Project Connect.** Have students write what they do to make their school a safer place for their peers on strips of orange paper. Staple the strips together, making a long chain to represent unity for a common cause.
- ⇒ **Write** positive messages with chalk on sidewalks at school to inspire kindness, inclusion, and acceptance.



High School

- ⇒ **Rock painting.** Decorate rocks by writing words of unity on rocks, highlighting the color orange. Place them around the school to inspire kindness, inclusion, and acceptance.
- ⇒ **Pep Rally.** Have student leaders plan a Pep Rally to increase awareness about the negative effects of bullying.
- ⇒ **Interactive kindness sign.** Hang a giant poster in a common area that says, "Kindness Matters". Students can choose to share a story anonymously about how someone's kindness made a difference to them to demonstrate that kindness can truly matter.

RESOURCES

Everyone’s involvement is important! The resources below can help foster a climate of acceptance and respect to reduce bullying behaviors. By showing targets of bullying that they are not alone, we hope to empower them to speak up and reach out.

- ⇒ **Order [Unity Day t-shirts](#).**
- ⇒ **Promote** Unity Day on social media. Pacer has social media images in both English and Spanish [here](#).
- ⇒ **Promote** kindness to prevent bullying throughout October with this four-week K-12 [National Bullying Prevention Month Student Activity Kit](#).
- ⇒ **Encourage** others to find out why you are wearing orange by downloading and attaching [“Ask Me Why I’m Wearing Orange” labels](#) to your shirt, backpack, or other personal items.
- ⇒ **Display [5 different free classroom posters](#)** with bullying prevention messages year-round at your school.
- ⇒ **Watch** the [Unity Day video](#), created by a teenager who describes the event from a student’s perspective.



Research indicates that persistent bullying can lead to or worsen feelings of isolation, rejection, exclusion, and despair, as well as depression and anxiety.

Stopbullying.gov



Order a free Unity Day poster in both English and Spanish to promote Unity Day at your school.

[Order form](#)



When youth see bullying or are being bullied, they are often advised to, “Tell an adult.” This poster can help them!

[Download poster](#)

