

Bullying Prevention

Unity Day Promotes Kindness, Acceptance, and Inclusion

Volume 2



Unity Day - Wednesday, October 20th

National Bullying Prevention Month is held in October to increase awareness of childhood bullying - and promote kindness, acceptance, and inclusion. Unity Day is the signature event of National Bullying Prevention Month. This is a day when we can come together to send the message that bullying is never acceptable behavior.

The call to action is simple: wear and share the color **ORANGE**. This vibrant statement becomes a conversation starter, showing support for students who have been bullied and for bullying prevention.

Show your support of Unity Day, Wednesday, October 20th, by encouraging your students to get involved. See page 2 for Unity Day information and activities.



PREVENTION SERVICES

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Social Emotional Learning

Social Emotional Learning (SEL) is how children and adults learn to understand and manage emotions, set goals, show empathy for others, establish positive relationships, and make responsible decisions. Students with greater social and emotional competency are less likely to be aggressors, targets of bullying, or passive bystanders. Social and emotional learning starts at home. Parents and families are critical partners in helping their children develop social and emotional know-how. They can model the kinds of skills, attitudes, and behaviors we want all students to master. And they can be important advocates for SEL at school.

Schools that include SEL programs with other bullying prevention efforts are more likely to succeed in reducing bullying behaviors. By fostering an overall climate of inclusion, warmth, and respect, schools can promote the development of core social and emotional skills in students and staff alike. Many of our schools utilize Second Step, Harmony SEL, or School Connect social emotional learning programs.

**School-based
bullying
prevention
programs
decrease
bullying by
up to 25%**

(McCallion & Feder, 2013)

Students who experience bullying are at increased risk for poor school adjustment, sleep difficulties, anxiety, and depression. CDC, 2015

Unity Day: Together Against Bullying - October 20, 2021

United for Kindness, Acceptance, and Inclusion

Show your support of Unity Day by encouraging your children or students to get involved! Below are resources to help promote National Bullying Prevention Month and Unity Day at your home or school.

- ✓ Promote kindness, acceptance, and inclusion to prevent bullying throughout October with the four-week K-12 **National Bullying Prevention Month Student Activity Kit**. View at: <https://www.pacer.org/bullying/nbpm/activity-kit/activity-kit.asp>
- ✓ Host virtual activities using the **Virtual Activation Ideas for Unity Day 2021 Guide**. View at: <https://www.pacer.org/bullying/nbpm/pdf/unity-day-guide-mini.pdf>
- ✓ Plan your support of Unity Day using the **Unity Day Guide**. View at: <https://www.pacer.org/bullying/nbpm/pdf/unity-day-guide.pdf>
- ✓ Encourage others to ask you why you are wearing orange by attaching **“Why I’m Wearing Orange”** labels to your shirt, backpack, or other personal item. Download the template at: <https://www.pacer.org/bullying/nbpm/pdf/why-wearing-orange-flyer.pdf>
- ✓ Order Unity Day shirts and posters, promote Unity Day on social media, or have a Unity Day dance performance. Visit: <https://www.pacer.org/bullying/nbpm/unity-day.asp#>