

Bullying Prevention

Unity Day Promotes Kindness, Acceptance, and Inclusion

Volume 1



Unity Day - Wednesday, October 19th

October is National Bullying Prevention Month in the U.S. and its signature event, Unity Day, is Wednesday, October 19th this year. On this day, people come out to stand up against bullying, which we recognize as a social problem that must be addressed. The key message of this month and day is to unite for kindness, acceptance, and inclusion, in an effort to prevent students from being bullied.

Show your support for the cause by wearing something **ORANGE** for students who have been bullied and for bullying prevention. Orange is the designated color for this day and is commonly associated with safety, visibility, and protection.

This newsletter has information about various Unity Day activities for students and families to help you plan different ways to support Unity Day in your school. So let's raise our voices and encourage positive behaviors that reduce bullying by getting students and school staff involved in Unity Day this year.



PREVENTION SERVICES

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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.pacerteensagainstbullying.org) - Interactive, relevant ways for middle and high school students to address bullying

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



UNITY DAY ACTIVITIES

All Grades

⇒ **Take** the Pledge. Hold an anti-bullying pledge signing event at your school for students.

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. Tell about a bullying experience you have had so others know how it impacted you. Inspire others to speak out against bullying behavior.

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 for the classroom or school hallway. Use the word **UNITY** and color in the mural, or create an image that is significant to your school, like a mascot.

⇒ **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 and write 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 peer-to-peer engagement around the awareness of bullying.

⇒ **Interactive unity sign.** Hang a huge poster in a common area that says, "If you knew my story, you would know that...". Students can choose to anonymously share something about their life and see that they are unified by their struggles.

RESOURCES

Show your support of Unity Day by encouraging your children or students to get involved! Below are additional resources from PACER to help promote National Bullying Prevention Month and Unity Day at your school. Fostering an overall climate of inclusion, warmth, and respect can reduce bullying behaviors at school.

- ⇒ **Order** Unity Day shirts and free posters.
<https://www.pacer.org/bullying/nbpm/unity-day.asp#>
- ⇒ **Promote** Unity Day on social media. Pacer has social media images in both English and Spanish.
<https://www.pacer.org/bullying/nbpm/unity-day.asp#>
- ⇒ **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>
- ⇒ **Plan** your support of Unity Day using PACER's **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 **"Ask Me 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>

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



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](#)

