

# Bullying Prevention

Encourage kindness, acceptance, and inclusion

**PART 1**



*Kindness is a gift everyone can afford to give.*

*~Unknown*

## Unity Day - Wednesday, October 16th, 2024

October is National Bullying Prevention Month in the United States and this year its signature event, Unity Day, is Wednesday, October 16th. 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 that 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, so show your support for the cause by wearing something orange. This vibrant statement can become a conversation starter. Often, those who were bullied felt that no one cared. On Unity Day, the simple act of wearing orange gives them a visible representation of the supportive, universal message that they are not alone. Hopefully this will empower them and others to speak up for students who have been bullied and for bullying prevention.

Unity Day also focuses on the positive behaviors that can transform schools, communities, and the online world into healthier communities. This newsletter has information about various activities for students and families to help plan different ways to support Unity Day in your school. Let's raise our voices and encourage positive behaviors that reduce bullying by getting students and school staff involved in Unity Day this year, and show that our schools and communities believe that no child should ever have to experience being bullied.



**PREVENTION SERVICES**

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**\* To access active links to this newsletter, please view it on our Prevention web page.\***

## PACER

**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 National Bullying Prevention Center** - Resources for parents, educators, and students

**PACER Center Teens Against Bullying** - Interactive, relevant ways for middle and high school students to address bullying

**PACER Center's Kids Against Bullying** - Fun, engaging activities and information for elementary school students



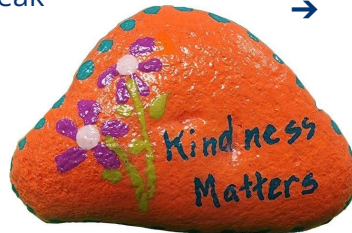
# UNITY DAY ACTIVITIES

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

## 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.



## 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.

## High School

- **Rock painting** Decorate rocks by words of unity on rocks, emphasizing the color orange. Then place them around the school to inspire 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.

**According to the 2023 Florida Youth Survey, female students reported a higher rate of skipping school because of bullying, being verbally bullied, and being cyber bullied.**



Order one 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



## Unity Day Resources

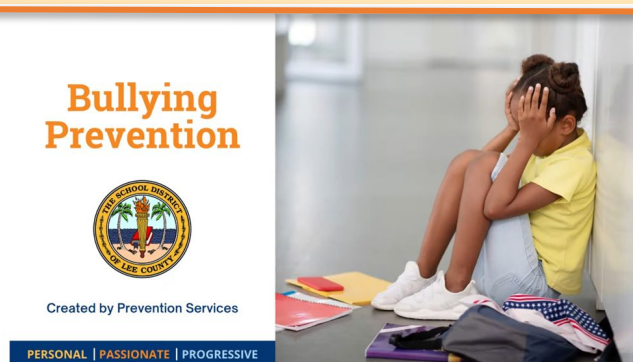
Show your support of Unity Day by encouraging your children or students to get involved! The resources below from PACER can help promote National Bullying Prevention Month and Unity Day. Help foster a climate of acceptance and respect to reduce bullying behaviors at school.

- ➔ **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.



## Video

This short Bullying Prevention video was created to show students the effect that being bullied can have on someone and how to be an upstander. Because upstanders have the power to play a key role in stopping bullying.



Click [here](#) to watch video



**PREVENTION SERVICES**  
PERSONAL | PASSIONATE | PROGRESSIVE

Visit our [Prevention Services](#) web page for additional prevention resources.

