

Ways to Get Involved in National Bullying Prevention Month

National Bullying Prevention Month was proposed in 2006 by PACER's National Bullying Prevention Center and has occurred annually ever since. It is intended to unite communities nationwide to raise awareness of bullying prevention through events, activities, outreach, and community education. Check out the assortment of resources below to learn how you can engage, educate, and inspire others and prevent bullying where you live!

1. **Wear Orange on Unity Day (Oct. 10th)** | www.facebook.com/events/314141468640954
2. **Sign a Petition or Pledge to Stop Bullying**
www.pacer.org/bullying/digitalpetition | wearethesolution.net
3. **Pledge to Become a Champion Against Bullying** | www.pacer.org/bullying/nbpm/champions.asp
 - Champions are schools and organizations that support the cause and are taking part in some way during Bullying Prevention Month.
4. **Submit an Entry about Bullying** | submit to: Bullying411@PACER.org
 - Enter a video, story, poem, artwork, or audio clip that expresses how you feel about bullying, how you think it affects students and schools, and what you have done to prevent bullying.
5. **Enter Stop Bullying Video (PSA) Challenge** | stopbullying.challenge.gov
 - Submit an original Public Service Announcement, 30-60 seconds in length, to showcase how students are taking action against bullying. Top prize earns \$2,000.
6. **Hold a Community Event** | www.pacer.org/bullying/nbpm/communityevents.asp (sample agenda)
 - Hold a special event to show you care about this important issue. Events do not have to be long to have an impact!
7. **Run, Walk, Roll Against Bullying** | www.pacer.org/bullying/nbpm/runwalkroll (free toolkits)
 - Participate in PACER's Run, Walk, Roll Against Bullying by coordinating a run in your community or pledging to sponsor a participant.
8. **Download and Use a Classroom Toolkit** | www.pacer.org/bullying/resources/activities/toolkits
9. **Participate in Unity Dance Day (Oct. 26th)** | www.pacer.org/bullying/resources/activities/unity-dance.asp
 - Hold a Unity Dance in your school or community organization.
10. **Learn the Facts About Bullying and How to Make a Difference**
gse.buffalo.edu/alberticenter | stopbullying.gov | www.education.com/topic/school-bullying-teasing

For additional information, please visit www.pacer.org/bullying.

