

Ways to Get Involved in Bullying Prevention Month

October 2016

In 2006 PACER's National Bullying Prevention Center founded the nationwide campaign National Bullying Prevention Month which takes place every October. This campaign started out as a week-long campaign to raise awareness of bullying, which had been historically viewed as just another aspect of childhood that students endured. As popularity of the campaign rose, events and activities were added at a national level with increased participation by various schools, organizations, and communities in the United States. Today, National Bullying Prevention Month is celebrated by communities nationwide with endorsements by schools, celebrities, businesses, and all of those who believe in their mission. Celebrate 10 years with PACER by helping to spread the message: **The End of Bullying Begins with Me!**

Events in Buffalo:

- October 1, 2016- **Run, Walk, Roll Against Bullying**
Join Queen of Heaven School as it hosts it's annual 5k run and 1 mile fun walk to raise bullying prevention awareness.
Location: Queen of Heaven School, West Seneca, NY at 10 AM
More information at:
<http://www.qofhschool.org/qofh-5k.html>
- October 2, 2016- **NFJC Dash for Diversity**
Join the National Federation for Just Communities for their annual relay/walk in Delaware Park to promote diversity and tolerance in our community.
Location: Delaware Park, Buffalo, NY at 10 AM
More Information at:
<http://www.nfjcwny.org/walk.html>
- October 3, 2016- **STOMP Out Bullying! Blue Shirt Day**
Wear a blue shirt to support the "STOMP Out Bullying!" initiative. Stop by Bon-Ton to pick up an official shirt or order one online. 100% of the net proceeds go to the STOMP Out Bullying foundation.
More information at: <http://stompoutbullying.org/index.php/campaigns/blue-shirt-day-world-day-bullying-prevention/>
- October 19, 2016- **Unity Day**
Wear orange to show your support for bullying awareness and prevention and to spread a message of support, hope, and unity worldwide. Don't forget to share pictures and stories on Facebook using the hashtag #UnityDay2016.
More information at:
<http://www.pacer.org/bullying/nbpm/unity-day.asp>

Don't forget to check out all of the other ways you can get on board and show your support!

- **Create a Pledge Wall.** Work together with your classmates and teachers to create your own anti-bullying pledge. Make copies and have students sign them. When you're done, dedicate space on a wall in your school for them that students walk by often to put your commitment to creating a bullying-free school environment on display!
- **Morning Announcements.** Work with administrations to incorporate bullying prevention messages, tips, and news into morning announcements.
- **Start a Stop Bullying Now! Club.** Get everyone involved by starting your own anti-bullying club where students can work together to come up with solutions to create a better and more safe school environment.
- **Sign an Online Pledge or Petition to Stop Bullying.** A few places to start can be found at: <http://www.pacer.org/bullying/digitalpetition/>
<http://petitions.moveon.org/sign/please-stomp-out-bullying>
<https://www.change.org/p/stop-bullying-now-2>
- **Pledge to Become a Champion Against Bullying.** Champions are schools and organizations committed to ending bullying and are taking part in Bullying Prevention Month 2016. Visit <http://www.pacer.org/bullying/getinvolved/partners/champions.asp> for more information.
- **#StopBullying365.** Use this hashtag to share stories about how you or someone you know has overcome bullying or taken action to prevent and stop bullying.
- **#MILLIONSIGNMISSION.** Join our partner organization Free2Luv's campaign and help them reach their goal of 1 million participants. Print out the "Friends Don't Let Friends Bully!" sign (<http://free2luv.org/print-your-sign/>) and take a photo! Then post your photo on Twitter with the #MILLIONSIGNMISSION hashtag. This organization is committed to promoting individuality, celebrating equality, spreading kindness, and standing up to bullying through the utilization of arts and entertainment.
- **Speak in your community about bullying prevention and activities.**
- **Visit the PACER National Bullying Prevention Center's Website.** Visit <http://www.pacer.org/bullying/nbpm/> for more ideas on how to get integrate bullying prevention in your community.
- **Visit the No Bully website to learn more about bullying and workshops available.** <https://www.nobully.org/about-bullying>
- **Learn facts about bullying and find additional resources at:** <http://www.safekids.com/bullying-cyberbullying-resources/> <http://www.stopbullying.gov/>
- **Get involved on social media by liking the Alberti Center for Bullying Abuse Prevention and join our mailing list via our website at:** <http://gse.buffalo.edu/alberticenter>

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