



Celebrate a Decade Together Against Bullying!

October is National Bullying Prevention Month and that means it's time to let everyone know why you care about bullying prevention. As a kid, there are lots of ways you can get involved. Need ideas? Check out some of the creative ways students and schools around the country have celebrated National Bullying Prevention Month:

- **Celebrate Unity Day:** Ask your friends, family and peers to wear orange on **Unity Day, Oct. 19**. This sends the message that you are united together against bullying!
- **Decorate your classroom door:** Work with your teacher to create a door decoration that sends the message of kindness and inclusion.
- **Unity Wall:** Write positive notes and post on a National Bullying Prevention Month bulletin board. Students can take a note or leave their own note of positivity. This is a great way to provide friendship and support for those needing encouragement.



10 YEAR ANNIVERSARY

This year, PACER is celebrating the 10-year anniversary of National Bullying Prevention Month! Did you know this campaign started as a week-long awareness event in 2006, then grew into a month with October designated as National Bullying Prevention Month?

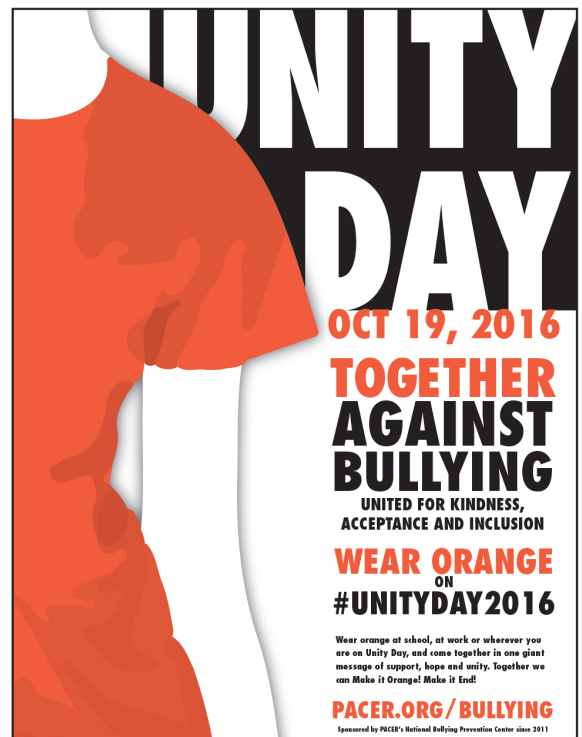
Unity Day | Wednesday, October 19, 2016

Together Against Bullying – United for Kindness, Acceptance, and Inclusion



Make it **ORANGE** and make it end! If you care about safe schools and communities, make your color **ORANGE** on Unity Day. That's the day everyone can come together and send one large **ORANGE** message of support. There are lots of ways that you can get involved:

- **Wear ORANGE.** It can be an orange T-shirt, tie, hat, socks, or even shoelaces.
- **Hand out ORANGE unity ribbons.** You can create your own ribbons, using 8½ by 11-inch construction paper. Write "Unity" on each strip and pass them out for your peers to wear.
- **Get a free poster.** Order a free Unity Day poster from PACER to display in your classroom or home.
- **Create a Unity Day playlist.** Create a playlist with music that promotes kindness, friendship, and inclusion. Share this playlist with your classmates or a new friend!
- **Unity Banner.** With permission from your teacher or principal, hang a banner with the word UNITY and ask your peers to sign it.



Share your Unity Day activities on social media using #UnityDay2016



Meet Carmen

Not many people know this, but I have epilepsy. The signals in my brain get mixed up. I take medication so it hardly ever happens anymore. But once it happened at school, some kids made fun of me. I felt so bad. I don't want anyone to feel that way!

When I see kids picking on other kids, it makes me so mad! Usually I just find some friends and we march right over and say, "stop it!"

Did you know that words do hurt? They may not leave bruises or broken bones, but they can leave scars on the inside.

Ask Carmen

Carmen is a member of the Kids Against Bullying Club Crew, and she knows a lot about bullying. She gives great advice about bullying to kids around the country, like Isabel. Want to ask Carmen your own question? Visit PACERKidsAgainstBullying.org.

Dear Carmen:

If a kid does something mean to you and then blames you, what should you do?

- Isabel, 5th grade

Dear Isabel:

Thanks so much for writing to us. It sounds like you're dealing with a difficult situation. The first thing you should do is tell a teacher or your parents about what's going on. Make sure they know your side of the story. Remember that if you are being bullied, it is never your fault!

Pip's Quiz Test Your Knowledge!



Pip, the hamster mascot of the Club Crew, loves to visit new places and meet new kids. Help Pip answer a few questions about bullying!

- What is bullying?**
 - When you and a friend get in a fight about who is a better soccer player.
 - When someone accidentally bumps into you on the playground while playing tag.
 - When someone is being hurt either by words or actions, feels bad because of it, and has a hard time stopping what's happening to them.
 - When your brother eats the last bowl of your favorite cereal.
- What should you do if you're being bullied?**
 - Speak up.
 - Tell an adult.
 - Know that you have the right to be safe.
 - All of the above.
- How can you recognize when someone is bullying?**
 - Size. The person bullying is bigger than the person being bullied.
 - Gender. Girls never bully, only boys do.
 - Behavior. They do something that hurts or harms another person.
 - Age. It's always older kids picking on younger kids.
- What can you do if you see bullying happen?**
 - Not join in.
 - Tell an adult.
 - Help the student being bullied get away from the situation.
 - Let them know they don't deserve to be bullied.
 - All of the above.

Answers: 1. c) 2. d) 3. c) 4. e)

 **PACER's National Bullying Prevention Center.**
The End of Bullying Begins With You | PACER.org/Bullying

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue. PACER offers digital-based resources for parents, schools, teens, and youth including:

- **PACER.org/Bullying:** A portal page for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, and more.
- **PACERKidsAgainstBullying.org :** A creative and educational website designed for elementary school students to learn about bullying prevention and be inspired to take action.
- **PACERTeensAgainstBullying.org:** A place for middle and high school students to find ways to address bullying, to be heard, and to own an important social cause.

