

# Pink Shirt Day

## Stand up to Bullying!

Pink Shirt Day is an anti-bullying initiative which aims to raise awareness and put an end to bullying in schools, workplaces, and on the internet. The COVID-19 pandemic has affected us all and it has taught us the importance of supporting one another, advocating for those people in need, and lifting each other up to create positivity in the world. This year's Pink Shirt Day is focused on working together, treating others with dignity and respect, and acting with empathy, compassion, and kindness. CDSBEO recognizes the importance of this day and encourages everyone to act as though every day is Pink Shirt Day!



### Did you know?

Pink Shirt Day began as an act of support and solidarity at a high school in a small town located in Nova Scotia. Two Grade 12 students organized a “wear pink” day as a statement against the bullying that a Grade 9 student experienced when he wore a pink polo shirt to school. He had been harassed by 6 bullies. David Shepherd and Travis Price purchased pink shirts at a local store and distributed them to their friends. Soon, word spread about the activity and more than half of the school’s student body was wearing pink. At the time of the event, 17-year-old Price stated, “The morning we wore our shirts and the bullied boy walked in, his face spoke volumes. You could see a huge weight was lifted off his shoulder,” (Globe and Mail, 2007). The bullies were never heard from again. Click on the following links to access two newspaper articles about the even that sparked Pink Shirt Day: [For Bullies, Think Pink](#) and [Why Are So Many People Wearing Pink Today?](#) Click on the following link to watch an interview with Travis Price about Pink Shirt Day: [Creating Pink Shirt Day](#)

## Did you know?

Bullying is an action of aggression against another person. The bully exercises power over the person being victimized, leaving the victim to feel anxious, badly about themselves, ashamed, and even depressed. Bullying can take many forms. Physical bullying is the use of physical force or aggression against another person (e.g., hitting). Verbal bullying occurs when someone uses words to verbally attack someone (e.g., name-calling). Social/relational bullying is the action of trying to hurt someone by excluding them, spreading rumours about them, or ignoring them (e.g., gossiping). Cyberbullying happens with the use of electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation (e.g., sending threatening text messages). We must be familiar with the many forms of bullying so that we can recognize it when we see it and put a stop to it!



## Anti-Bullying Resources:

Tips for Targets of Bullying: Find out what to do if you or someone you know is targeting by a bully.

Four Steps to Stop Cyberbullying: Cyberbullying is using technology to harm another in a deliberate or hostile way.

Cybersafety: Find out what you can do to stay safe when using mobile or online technology.

The Importance of Reaching Out: NHL hockey player, Patrice Bergeron talks about the importance of asking for help and what to do if you are being bullied.

How to Talk with a Young Person about Bullying: Find out what the signs of bullying are and what the most important thing to say to someone being bullied is.

## Did you know?

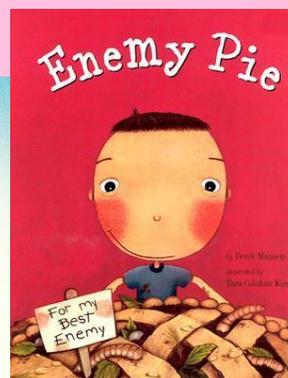
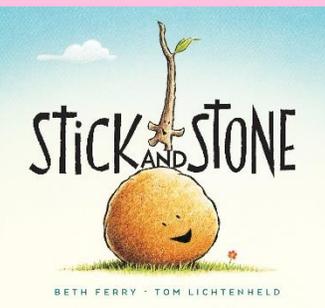
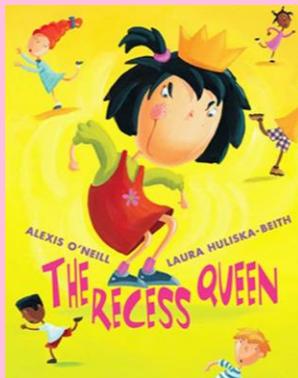
A bystander is any person who witnesses bullying happen. Friends, students, peers, teachers, school staff, parents, coaches, adults in a position of care, and even strangers can be bystanders. Bystanders have the potential to make a positive difference in a bullying situation by becoming an *upstander*, someone who stands up to bullying. You can stand up to bullying by intervening, interrupting, or finding someone who can help. Most bullying incidents stop within 10 seconds if a bystander intervenes. To access a write-up and video about the role bystanders play in bullying and about the power of being an upstander, [click this link](#).



## Read-Alouds to Support Pink Shirt Day

The following storybooks provide a great way to introduce and discuss the idea of bullying. Click on the titles provided to access read-alouds of stories that will help children better understand the negative impact of bullying behaviour, how to stand up to bullying, and the positive power of kindness.

- [The Recess Queen](#) by Alexis O'Neill
- [Each Kindness](#) by Jacqueline Woodson
- [The Invisible Boy](#) by Trudy Ludwig
- [Enemy Pie](#) by Derek Munson
- [Willow Finds a Way](#) by Lana Button
- [Chrysanthemum](#) by Kevin Henkes
- [Stand Tall Molly Lou Melon](#) by Patty Lovell
- [Stick and Stone](#) by Beth Ferry



## Did you know?

In an article titled “The Importance of Kindness” posted on Psychology Today’s website, kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. Being kind often requires courage and strength. The article goes on to explain that being kind is about opening our eyes and helping those we notice who need help, and that when we do so, a greater sense of community is created. Kindness can lift people up, making them feel better about themselves and the world around them. Growing kindness is a surefire way to stamp out bullying! Check out the following video examples of youth who showed kindness to help others feel good about themselves, helping to make their community a better place.

Josh, The Door Man: A victim of bullying, Josh uses the simple act of opening the door for others as a way to connect with others and to bring joy to other people’s day.

A Sticky Situation: A middle school student spreads positive messages around her school, one post-it note at a time.

**Kids Help Phone**: Kids Help Phone is always there for you. No matter what you want to talk about, we’re here to listen. No judgement, totally private, 24/7. Phone: 1-800-668-6868 Text: 686868

**Parents’ Lifeline of Eastern Ontario**: If your child has experienced bullying and is suffering from mental health consequences, the Parents’ Lifeline of Eastern Ontario (PLEO) is a resource you may want to tap into. Click here to access the free services available to you.



### Sources:

- Pink Shirt Day - <https://www.pinkshirtday.ca/> What is Pink Shirt Day?
- What is Pink Shirt Day? - [www.cbc.ca](http://www.cbc.ca)
- 23 Must-Read Anti-Bullying Books for Kids - <https://www.weareteachers.com/14-must-read-anti-bullying-books-for-kids/> The Importance of Kindness
- The Importance of Kindness - <https://www.psychologytoday.com/us/blog/pieces-mind/201712/the-importance-kindness>