

ALL IN CARDS

EVERYONE CAN GIVE KINDNESS, SUPPORT, AND HOPE!

**Hold the door
For someone**

 PACER's National Bullying Prevention Center

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EVERYONE CAN GIVE KINDNESS, SUPPORT, AND HOPE!

**Give encouragement to
someone who has been
put down (in person)**

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**Thank someone for
something they do
everyday**

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**Give encouragement to
someone who has been
put down (online)**

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**Smile and say “hi”
to someone you’ve
never spoken to**

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**Tell someone that they
are important to you**

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**Post a message of
kindness or encouragement
on your social media**

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**Ask someone how their
day is going, and really
listen to their response**

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

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