

# UNITY DAY – 10.21.20

Wear and share ORANGE to show that we are together against bullying and UNITED for kindness, acceptance, and inclusion!

Make it **ORANGE**, make it end.

Come together with a powerful message that bullying should never be a part of childhood.

## What you can do in your school or community

### ✓ Wear **ORANGE**

- Choose something orange you already have, such as clothing, jewelry, or accessories. You can wear an orange T-shirt, shoelaces, socks, bandana, or sunglasses.
- Create your own orange item, like an orange bracelet made from ribbon or construction paper

### ✓ Other great ideas

- Order a free 24- by 36-inch Unity Day poster to display
- Make a banner with the word “UNITY” and ask everyone to sign it
- Transform an iconic community landmark to orange for the day
- Inspire participation through art and activities using ideas from PACER’s NBPC website, such as Project Connect or Unity Murals
- Notify the media about Unity Day activities in your community
- Decorate school or community spaces, such as classroom doors, bulletin boards, or hallways, with orange themes. Ideas include:
  - Write UNITY DAY messages with orange chalk on sidewalks or driveways
  - Place orange hearts in the windows at home
  - Tie orange ribbons around trees or fences
- Provide orange items to students or community members, such as cupcakes with orange icing, a pumpkin to decorate, or orange silicone bracelets

## What you can do online

### ✓ Color the digital world with orange

- Post your photos wearing orange to your social media accounts and tag them with **#UnityDay2020**
- Add the National Bullying Prevention Center Facebook frame to your profile
- Download free social media images from PACER’s NBPC website to share online and promote Unity Day
- Share your pictures to the Unity Day Facebook event page



# October is National Bullying Prevention Month

*Sponsored by PACER's National Bullying Prevention Center® since 2011*

## More than 1 out of every 5 students report being bullied.

National Bullying Prevention Month is a campaign founded in 2006 by PACER's National Bullying Prevention Center. The campaign is held during the month of October and connects communities around the world to help prevent bullying. This year, a worldwide pandemic and a growing movement for racial equity and social justice have highlighted the need to unite communities for a better future. It is more important than ever to join together in creating a world that is kinder, more accepting, and more inclusive.

**Take action at school and home, in your neighborhood,  
at a local business, or in your workplace to show that you care about kids  
being safe at school, online, and in the community.**

### Do you want to get involved? Here's how!

- Unite with others and add your name to the online “Together Against Bullying” pledge
- Sign up for the NBPC newsletter to receive updates and information on new resources and initiatives
- Order the new bullying prevention five-poster series
- Participate on social media by changing your profile image and sharing bullying prevention posts
- Wear and share **ORANGE** on Unity Day, the day everyone can come together—in schools, communities, and online—to send one big, **ORANGE** message of support, hope, and solidarity

### Do you want to involve the whole school or community? Here's how!

- Raise awareness and increase understanding about bullying prevention by using our FREE creative activities and resources for K-12 students, educators, and parents
- Access the new distance learning resources designed for K-12 students
- Register your school or organization as a Champion Against Bullying
- Participate in the virtual Run, Walk, Roll Against Bullying
- Inform the media about activities in your community, such as Unity Day events at your school or in your neighborhood
- Coordinate a fundraising project and donate to PACER's National Bullying Prevention Center

**Learn more at [PACER.org/Bullying](https://PACER.org/Bullying)**

