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PACER's National Bullying Prevention Center opens Los Angeles office

PACER Center's National Bullying Prevention Center (NBPC) has opened a new office in Los Angeles! The office works with Los Angeles-area students, parents, educators, schools, and communities to recognize that bullying is a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students.

NBPC, which is an initiative of Minneapolis-based PACER Center, was founded in 2006. It actively leads social change so that bullying is no longer considered an accepted childhood rite of passage.

The Los Angeles office continues this work in several focus areas:

- **Information.** Provides information sessions for schools, parents, and community groups that offer strategies to create safe and supportive schools, help students involved in bullying situations, and provide resources to address bullying.
- **Events.** Coordinates and participates in activities designed to activate individuals to take action in their school or community. Scheduled events include National Bullying Prevention Month in October, Unity Day on Oct. 19, and school presentations with guest speakers.
- **Individual assistance.** Responds to questions from school staff, parents, and students on bullying prevention, how to help students address a bullying situation, or how to become involved.

Additionally, PACER offers many digital-based resources for parents, schools, teens, and youth, including:

- **PACER.org/Bullying:** This is the website for parents and educators to access bullying resources, which include educational toolkits, awareness toolkits, contest ideas, promotional products and more.



- **PACERTeensAgainstBullying.org:** Created by and for teens, this website is a place for middle and high school students to find ways to address bullying, to take action, to be heard, and to own an important social cause.
- **PACERKidsAgainstBullying.org:** Developed as a creative, innovative and educational website for elementary school students to learn about bullying prevention, engage in activities, and be inspired to take action.
- **PACER.org/WeWillGen:** PACER produced this online curriculum to encourage student-to-student conversation that educates, inspires, and supports teens to create kinder and safer schools.

The Los Angeles office is staffed by Judy French. For information, email judy.french@PACER.org or call (888) 248-0822.

Meet the National Bullying Prevention Center Staff

PACER's National Bullying Prevention Center was founded in 2006 and actively leads social change so that bullying is no longer considered an accepted childhood rite of passage. PACER provides resources for students, parents, educators, and others, and recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students.

Judy French

Judy French is the Los Angeles office's full-time staff member, helping schools, communities, and individuals in the Los Angeles area. She will connect people to the wealth of resources available on the National Bullying Prevention Center websites, including our materials, classroom and event toolkits, and more.

Julie Hertzog

Julie Hertzog, director of PACER's National Bullying Prevention Center, based in Minneapolis, is a nationally recognized leader on bullying prevention. She has led in the development of NBPC's resources, including its innovative websites, and helped create initiatives such as PACER's National Bullying Prevention Month, which is now a nationally recognized event each October.

In 2012, she was appointed as a member and co-chair of Minnesota's Governor's Task Force on the Prevention of School Bullying. Hertzog has been quoted and consulted by the local and national media, including print, online and TV, and has been featured on CNN, *NBC Nightly News*, *Time for Kids*, *PEOPLE*, *Family Circle*, and *The Huffington Post*.

Paula F. Goldberg

Paula F. Goldberg is the executive director and co-founder of PACER Center, a national nonprofit organization with more than 35 years of experience serving children with disabilities and their families. The National Bullying Prevention Center is a project of PACER Center.

She has long been recognized for her national leadership and innovation in the parent center movement, and is also recognized as a leader on bullying prevention. In 2011, Goldberg was invited to the first White House Conference on Bullying Prevention. She also testified about bullying of children with disabilities before the U.S. Civil Rights Commission. In 2012, Goldberg accepted the FBI Director's Community Leadership Award for PACER's national bullying prevention efforts.



Judy French



Julie Hertzog



Paula F. Goldberg

For more information on PACER's National Bullying Prevention Center, go to [PACER.org/Bullying](https://www.pacer.org/Bullying).

For specific information on the Los Angeles office, email judy.french@PACER.org.

Los Angeles office opens with Bel Air event

The National Bullying Prevention Center celebrated the opening of its Los Angeles office at a wonderful event held at the Bel Air home of Michael Miller in September. More than 200 supporters of PACER Center's programs, including celebrity guests, enjoyed live entertainment and inspirational stories.

"It was fantastic to see so many people come to welcome PACER's National Bullying Prevention Center to LA," said Paula Goldberg, PACER's executive director. "We are grateful for everyone who made the event so successful."

Among the guests were noted actress and singer Jean Louisa Kelly, Jimmy Pitaro, YouTube star Bethany Mota, *Girl Meets World* star Sabrina Carpenter, movie producers Chris Moore and Jenno Topping, singer, songwriter, and poet Peter Himmelman, Bobby Shriver, arts advocate Malissa Shriver, model Khadija Neumann, and many others.

Miss America 2015 Kira Kazantsev served as the evening's emcee and the program included the screening of a video from NBPC's National Ambassador Erin Barlow.

PACER's National Bullying Prevention Center has been helping families, students, and parents across the nation since 2006 by providing web-based bullying prevention resources. The mission has now been expanded to the Los Angeles area, with staff providing training, information, and resources directly to the community through presentations, events, and information sharing.



Supermodel and entertainment personality Khadija Neumann and her daughter with Jodie Resnick from Disney Interactive and Paula Goldberg, PACER's executive director.



Ella Goldberg (left) with Miss America 2015 Kira Kazantsev who served as the evening's emcee.



*Bailey Lindgren (far left) and Julie Hertzog (far right) from PACER's NBPC with *Girl Meets World* actress Sabrina Carpenter and NBPC national ambassador Erin Barlow.*

October is National Bullying Prevention Month

Join the movement! Celebrate a decade together against bullying.

National Bullying Prevention Month is a nationwide campaign founded in 2006 by PACER Center's National Bullying Prevention Center. The campaign is held during the month of October and unites communities around the world to educate and raise awareness of bullying prevention.

Over the past 10 years, this campaign grew from a small week-long event to a worldwide effort with multiple activities throughout October. National Bullying Prevention Month is supported by hundreds of schools, major corporations, and celebrities.

Be a part of this exciting anniversary and spread the message: The End of Bullying Begins With Me!

Events

- **Unity Day — Wednesday, Oct. 19.** Make it ORANGE and make it end! If you care about safe and supportive schools and communities, make your color ORANGE on Unity Day. That's the day everyone can come together — in schools, communities, and online — and send one large ORANGE message of support, hope, and unity.
- **Run, Walk, Roll Against Bullying.** This family-friendly event, initiated by PACER's National Bullying Prevention Center, is held by schools, businesses, or communities to show the nation's commitment to keeping students safe while at school, in the community, and online. The event can be accompanied by pre- and post-race activities such as kids' games, speakers, music, prizes, and dancing.
- **TAG (Together Against Bullying).** This campaign is an exciting way to support National Bullying Prevention Month and unite for kindness, acceptance, and inclusion.

Educational Activities

PACER's National Bullying Prevention Center offers free creative activities and resources for K-12 students, educators, and parents. The goal is to raise awareness and increase understanding of how to respond to bullying. The resources are free, available online, and easy to implement in schools and communities.



Schools, businesses, and organizations across the country participate in Unity Day. Wear orange to show your support for bullying prevention.

- **Project Connect.** Invite students to write a message on a strip of ORANGE construction paper. The strips are then stapled or glued together, resulting in one long, connected chain that visually represents the power of uniting for a common cause.
- **Make a creative statement.** Email PACER at bullying411@PACER.org to share your story, poem, artwork, or video that expresses your ideas on bullying prevention.
- **Unity Banner.** Create a huge banner with the word UNITY as the central theme. Ask everyone to sign the banner, define what unity means to them, or make a suggestion about ways to unite as a school or organization. Take a photo and post it to Facebook and Instagram using #UnityDay2016.



The Run, Walk, Roll Against Bullying on Oct. 1 in Minneapolis will be the official kickoff to National Bullying Prevention Month. Similar events will be hosted throughout the country. Contact Judy French at judy.french@PACER.org if you are interested in helping develop a Run, Walk, Roll Against Bullying in the Los Angeles area.

- **Unity Tree.** Each person contributes their own unique experiences, creative ideas, and strategies by writing positive messages on leaves that are attached to the tree. As the number of leaves increases, it creates a visual reminder, demonstrating that when we are united we can create social change.

Additional opportunities

- Introduction to Bullying Prevention, a schoolwide toolkit for all ages and grades. Free. PACER.org/Bullying/classroom/schoolwide

Looking for a way to introduce bullying prevention and awareness into your classroom, school, or community organization? The web-based Introductory Toolkit contains daily learning opportunities and engaging activities to get students talking about bullying. The toolkit provides the basics about bullying and sets the stage for student-supported initiatives.

- “You’re Not Alone, We’re Here for You,” an event toolkit. \$75. PACER.org/Bullying/YoureNotAlone

This toolkit, with materials for 50 participants, is

designed to help you hold an awareness raising event to unite against bullying and unite together to provide community, support, and hope for those who have experienced bullying. The toolkit can be used in coordination with a bullying prevention event in the school or community, such as a Run, Walk, Roll Against Bullying, a school open house, or parent-teacher conferences.

- The WE WILL Generation. Free. PACER.org/Bullying/WeWillGen

This program is designed to inspire student-to-student engagement to lead the bullying prevention movement. Students say, “We will be the generation that says, “This is our issue and we will be the solution.” The program includes education on what students can do to help someone being bullied, ideas for connecting older students with younger students, and a student taught curriculum.

For information and to access these online resources, visit PACER.org/bullying/nbpm.

NBPC partners with The Walt Disney Company

In honor of Unity Day, The Walt Disney Company's campus in Glendale turned orange to raise awareness about bullying prevention. Unity Day is a global initiative, founded in 2006 by PACER's National Bullying Prevention Center, that encourages communities to unite for kindness, acceptance, and inclusion.

Disney has partnered with the NBPC to share resources and spark conversations about bullying prevention.

To mark Unity Day, Disney employees also took advantage of a photo opportunity and wrote positive messages on a large Unity Day banner, while becoming informed about bullying prevention.

While at the Disney campus, PACER team members discussed their extensive digital resources for parents and families, which have been accessed in 196 countries and include guides to bullying behavior and template letters for notifying a school about bullying.

Unity Day 2016 is Wednesday, Oct. 19.



Staff at Disney's Interactive Studios get into the spirit of Unity Day.

UCLA student Erin Barlow named National Ambassador



Erin Barlow, with her father David, shared her story during PACER's Annual Benefit in Minneapolis on April 30.

Erin Barlow has been described as a star high school hockey player, a University of California Los Angeles drama major, and, most recently, as a film producer. However, her diverse talents don't stop there. Her latest starring role is that of National Bullying Prevention

Ambassador for PACER's National Bullying Prevention Center.

Erin's experience of being bullied throughout middle school had a profound impact on her. Those experiences changed her life and also inspired her to speak about the pain of feeling alone. Now, as a college student, Erin shares her powerful story, insights, encouragement, and advice, which is designed to educate, build awareness, and provide resources. Most importantly, it is Erin's goal to let those being bullied know that they are not alone, that they are supported, and that it is important to talk with someone about their situation.

Together with Brandon Papo, Erin has written and produced a powerful three-minute video titled "Erin's Story: Together We Can Stop Bullying." See her amazing video on the NBPC website at PACER.org/bullying.

Erin is available to speak to middle and high school students around the United States. For information and to arrange a speaking engagement, contact PACER's National Bullying Prevention Center at 952-838-9000 or visit PACER.org/bullying.

Corona student Alexis Saldana receives National Unity Award

PACER Center's National Bullying Prevention Center honored Alexis Saldana, an eighth grade student from Corona, Calif., at the National Unity Awards on May 25 in Minneapolis. The Unity Awards celebrate those who have made outstanding contributions to address and prevent bullying.

PACER's National Bullying Prevention Center invited students, parents, educators, and community members from throughout the United States to submit nominations of those who have gone above and beyond to help address bullying in their city or state. Nominations and inspiring stories were received from across the country and recipients were selected by the Youth Advisory Board of PACER's National Bullying Prevention Center.

Alexis, who traveled to Minnesota to attend the ceremony, was awarded the United Against Bullying Award for the way she handled a personal bullying situation during her campaign for eighth grade president.

"Instead of backing out, or ignoring it, Alexis faced the situation head on," said Jon Carlton, her nominating teacher. "Her speech for office included her experience and a plan for improvement. She won the election, which shows students do not agree with bullying behavior."

Alexis has continued to build a school environment that accepts and includes all students, and was instrumental in her school's bullying prevention day.

"We hear hundreds of stories every year about individuals who make a positive impact, and we are excited that a few of those amazing individuals were honored at the event," said Julie Hertzog, director of PACER's National Bullying Prevention Center. "The Unity Awards are a celebration to show how much we appreciate the special contributions that are being made across the country to prevent bullying."

In addition to the award presentations, the ceremony included a special performance by 16-year-old Tristan McIntosh, of Nashville, Tenn., who this spring rose to stardom on the final season of *American Idol*. In 2011, as an 11-year-old, McIntosh recorded the song "You Can't Take That Away From Me" for the National Bullying Prevention Center "Unity Dance" song, which celebrates the importance of looking out for each other and embracing each other's differences.

The Unity Awards were presented by PACER Center and the Youth Advisory Board of PACER's National Bullying Prevention Center.

For information and to see the complete list of Unity Award winners, visit PACER.org/bullying/getinvolved/unity-awards.asp.



Alexis Saldana, an eighth grade student from Corona, Calif., traveled to Minnesota to accept a Unity Award from PACER's National Bullying Prevention Center. Alexis received the United Against Bullying Award for the way she handled a personal bullying situation.

Do you know someone who deserves a Unity Award?

The Unity Awards are designed to recognize those who have made a positive impact to prevent bullying. It might be for a well-known story of a person (or group) who made a difference on a national scale, or it might be for someone who simply made you feel like you're not alone. Submit a nomination for the 2017 Unity Awards at PACER.org/Bullying/getinvolved/unity-awards.asp or call (952) 838-9000.

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Unity Day is Wednesday, October 19

Make it orange, make it end.

What are your true colors when it comes to showing your support for students who are bullied? Show those being bullied that they are not alone, that you care, and lead the movement against bullying.

Order a free 24- by 36-inch Unity Day poster to display in your school, home, or community. This poster is available in both English and Spanish. A single poster ships free of charge; packs of 10 posters cost \$10 for shipping and handling.

Then, wear orange on Unity Day! It can be an orange T-shirt, tie, hat, or shoelaces.

To order your Unity Day poster, go to
PACER.org/Bullying/nbpm/unity-day.asp

For more ideas on how to participate in National Bullying Prevention Month in October, see pages 4-5.

