

1 out of 5 students is bullied



Chances are this is happening to someone you know and care about

Bullying, a behavior that hurts, harms, or humiliates someone physically or emotionally, is a serious issue that impacts thousands of students every day. As damaging as bullying may be, there is hope! With education and awareness, bullying can be prevented at school, in neighborhoods, and online.

How PACER's National Bullying Prevention Center Helps

Inspires communities by:

- Promoting a shared conversation and response to bullying in which everyone works together to create safe environments for students
- Creating kinder, more accepting, and more inclusive communities where fewer students experience bullying, more people speak out, and no one feels alone
- Providing free resources on three websites, each designed for a specific audience. These highly respected web-based resources are available at:

PACER.org/Bullying – Resources for parents, educators, and students

PACERTeensAgainstBullying.org – Interactive, relevant ways for middle and high school students to address bullying

PACERKidsAgainstBullying.org – Fun, engaging activities and information for elementary school students

Provides FREE bullying prevention resources, including:

- Classroom activities, toolkits, and lesson plans for **K-12 educators**
- Informative guides for **parents** to understand the dynamics of bullying, help their children through bullying situations, and learn how to communicate with school staff
- Age-appropriate resources and information for **students** to manage bullying situations, be supportive of their peers, and take action to prevent bullying in schools, communities, and online
- **School-wide and community opportunities** to address bullying through social change, including National Bullying Prevention Month in October and Unity Day—initiatives both founded by PACER's National Bullying Prevention Center



About PACER's National Bullying Prevention Center

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change to prevent childhood bullying, so that all youth are safe and supported in their schools, communities, and online.

Together we can Create a Without Bullying

Bullying can negatively impact educational performance, erode self-esteem and self-worth, cause anxiety and depression, and lead to thoughts of self-harm. PACER's National Bullying Prevention Center (NBPC) is making a difference for students, parents, and educators — **and you can help!**

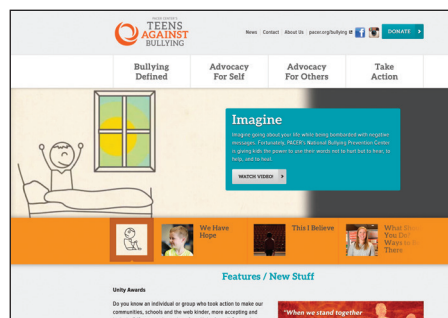
What you can do!

Visit one of NBPC's websites for resources and inspiration



PACER.org/Bullying

Parents, educators, and students!



PACERTeensAgainstBullying.org

Middle and high school students!



PACERKidsAgainstBullying.org

Elementary school students!

Plan or participate in a community event

- **PACER's National Bullying Prevention Month** — Be a part of a cause that has united a nation. Each October, schools and communities hold activities and events to raise awareness of bullying prevention.
- **Unity Day** — Make it orange, make it end! Join PACER in sending one large **ORANGE** message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance, and inclusion.
- **Create a World Without Bullying Resource Kit** — Purchase this new resource kit! It provides a great opportunity to use printed resources to engage in conversation about actions that will have a positive impact on preventing bullying. Kits contain materials for at least 50 participants.

Fundraise to support the cause

Individuals from all over the world are inspired to share their time, energy, and talents so that PACER's National Bullying Prevention Center can continue providing high-quality bullying prevention resources at no cost. Fundraisers, T-shirt campaigns, or other special events can generate donations that help create safer schools and communities for all students. For additional fundraising suggestions or to donate, visit PACER.org/Bullying.

 **PACER's
National Bullying Prevention Center®**
Create a World Without Bullying | PACER.org/Bullying

National office: 8161 Normandale Blvd., Minneapolis, MN 55437
Los Angeles area office: 80 E. Hillcrest Drive, #203, Thousand Oaks, CA 91360
(952) 838-9000 | (800) 537-2237 | Bullying411@PACER.org
PACER.org/Bullying | PACERTeensAgainstBullying.org | PACERKidsAgainstBullying.org