

PINK SHIRT DAY

In 2007, Berwick Nova Scotia, after a new student at their school was bullied for wearing a pink shirt, two grade 12 students bought 50 pink shirts and encouraged their classmates to wear pink. The next day they went to distribute the shirts and to their surprise the majority of students arrived wearing pink! With that act of kindness, Pink Shirt Day was born.

In recognition of the Berwick event, Nova Scotia proclaimed the second Thursday of September “Stand Up Against Bullying Day.” In 2008, British Columbia proclaimed February 27th to be the provincial anti-bullying day, and the movement has continued to grow. In 2012, the United Nations declared May 4 as Anti-Bullying Day, and now the last Wednesday each February is Canada’s national Pink Shirt/anti-bullying day.

Many countries now recognize specific days for raising awareness about the prevention of bullying and promoting kindness and inclusion. In Canada, many students have heard the Pink Shirt Day message from kindergarten through to their high school graduation. The movement continues to grow.

Wearing a pink shirt on Pink Shirt Day is a great way to show you are against bullying. But it’s important that we all stand up against any kind of bullying every day, all year long! Together, we can Lift Each Other Up!

SUPPORT FOR PARENTS & CAREGIVERS

Bullying, cyberbullying and harassment jeopardize learning and can severely impact a child’s mental, emotional and physical health. Learn how to create a healthy environment for children and foster nourishing relationships. → <https://www.pinkshirtday.ca/support-for-parents-teachers>

SUPPORT FOR YOUTH

Bullying isn’t just a part of growing up – it’s overwhelming, hurtful, and can make people feel alone. It can affect learning, friendships, and most importantly, physical and emotional health. If you are a victim of bullying, reach out for help. Talk to a parent, teacher, or friend. Do you have a friend who is being bullied? Let them know they’re not alone, and speak out. Most bullying incidents stop within 10 seconds if a bystander intervenes. Need tips? Click the link for additional information and resources → <https://www.pinkshirtday.ca/support-for-youth>

RESOURCES

With one in five students affected by bullying, chances are that you or someone you know is being impacted. If you’re not sure what to do, reach out to someone who can help. And remember, kindness and compassion can go a long way. If you’re being bullied, bullying someone else, or see a friend who is being bullied, take a look at the link for resources. → <https://www.pinkshirtday.ca/resources>
<https://www.pinkshirtday.ca/additional-resources>