

Pink Shirt Day

Wednesday, February 24, 2021

School District 85 recognizes Pink Shirt Day. It has been recognized annually worldwide as a day to stand against bullying. Anti-Bullying Day is a day when people wear pink to symbolize a stand against bullying.

Be the “I” in Kind!

What is bullying?

- ◆ Bullying is when someone deliberately tries to hurt someone else they think is weaker than they are. In many cases, bullying repeated over and over can cause a lot of pain that lasts a long time. It can even lead to things like depression, anxiety and low self-esteem.
- ◆ Bullying happens in many ways, but some common forms of bullying are verbal (teasing, name-calling), physical (hitting, kicking, pushing, breaking someone’s toys or favorite things) or social (leaving someone out, spreading rumors).
- ◆ Cyber-bullying is using social media or other technology like texting to threaten, embarrass or even damage a person’s reputation.

What you can do about bullying...

- ◆ If you see someone being bullied or you’re being bullied, talk to a trusted adult about it.
- ◆ When someone is being bullied, in person or online, stand up for them so that they know that they don’t deserve to be bullied.
- ◆ Don’t encourage bullying by participating in bullying behavior.

