

## Middle and High School

### February Announcements – Pink Shirt Day



- Bullying is where one person has power over another person. It can be Physical, verbal, social, and cyber. Each and every one of us has the power to stand up to bullying and make a difference. Let's stand together in our pink shirts on February 27<sup>th</sup>. Together we can make a difference.
- Did you know that when you call people names, spread rumours, or ignore others you are verbally bullying another person. Think before you speak. Let today be the start to living our lives bully free. Pink shirt day will be celebrated on February 27<sup>th</sup>. Show your support against bullies by wearing a pink shirt.
- When a person tries hurt someone through excluding them, spreading rumours or ignoring them, and gossiping they are participating in Social/relational bullying All members of our school, young and old, have a responsibility to help people who are being bullied and to speak out against bullying behavior. Show your support by wearing a pink shirt on February 27<sup>th</sup>.
- February 27<sup>th</sup> is pink shirt day. Pink represents our support against bullying behavior. Did you know that in the majority of cases bullying stops within 10 seconds when peers intervene, or when others don't support the bullying behavior. Start standing up to bullying today. We have the power to change and create a better future for everyone around us.
- Cyberbullying is using electronic media to threaten, embarrass, intimidate, or exclude someone, or to damage their reputation. This type of bullying is increasing and we need to take a stand together to put a stop to all forms of bullying. Show your support by wearing a pink shirt on February 27<sup>th</sup>.
- If a bullying occurs remember to ignore the bully, stand up for yourself, don't bully back, and tell an adult. Lets stand together on February 27<sup>th</sup> and show our support against bullies by wearing our pink shirt.
- Do you know that bullies thrive on the reactions of others, it makes them feel powerful. Practice walking away and ignoring the bully. By ignoring the bully you're showing that you don't care. Eventually the bully will get bored with trying to bother you. Show your support against bullying by wearing pink on February 27<sup>th</sup>.
- Bullying is not a normal part of growing up. You deserve respect and you do not deserve to be bullied. Pink shirt day is being held on February 27<sup>th</sup>. Show your support by wearing pink on this day. Together we can make a difference.
- You are surrounded by people who care about you Being bullied is not your fault. No one deserves to be bullied. If you are someone you know is being bullied talk to someone you trust such as a guidance councillor, teacher, sibling, or friend. They can offer support and suggestions. They can all help to stop bullying. Take a stand on February 27<sup>th</sup> by wearing pink and show your support against bullying.
- On February 27<sup>th</sup> we are taking a stand against bullying behavior. If you or someone you know is being targeted by a bully get support. Hang out with friends that will support you, and work together to speak out against bullying and harassment.
- What is a good friend? Think about the qualities you want in a friend and try to have those qualities yourself. Know that people who treat you poorly, exclude you or spread rumours about you are not good friends. You deserve respect. Encourage your friends to wear pink on February 27<sup>th</sup> and take a stand against bullying.

- Tips for online safety: Don't accept friend invites from strangers. Don't share personal information with anyone you don't know. Change your passwords regularly, and don't share passwords with anyone even your friends. Remember to log out of social network sites like facebook when you leave the computer. If someone you meet online wants to meet you in person tell an adult, teacher, parent, or other trusted adult. Never post an inappropriate photo of yourself or anyone else online. Don't share cell phone numbers or email addresses with anyone you don't know. Remember these important tips to keep you safe.

