September 19, 2012

TO: Elementary Principals  
    Middle School Principals  
    High School Principals

FROM: Department of Student Life

RE: October is National Bullying Prevention Month!!!
    Unity Day – October 10th
    Mix It Up Lunch Day – October 30th
    Stop Bullying Video Challenge for Students – Deadline October 14th
    Writing Prompt Questions to use during October for Awareness
    Announcements throughout October for Awareness

Dear Principals,

OCTOBER IS NATIONAL BULLYING PREVENTION MONTH. Below are some ideas to help you spread the word on stopping bullying within the Tacoma School District. **Wednesday, October 10th is UNITY DAY** in which we want students and staff to wear ORANGE to unite against those who are bullied and to start the conversation of ending bullying within our schools and community. This is a day to link together and send one large ORANGE message to support students who have experienced bullying and begin to take a stand on preventing it.

Should you talk to your staff, SCDM and/or students and you want to move forward with UNITY DAY, below is a great School Messenger message to get the word out to parents to have students wear ORANGE to school.

**Parents and students; October is National Bullying Prevention Month and we at (SCHOOL NAME) want to take a stand against bullying in our school. More than 160,000 students across the country stay home from school each day from fear of being bullied. October 10th is UNITY DAY and we want all our students to wear an ORANGE top (t-shirt, sweatshirts) to unite as a school against bullying. Parents, we also ask that you wear ORANGE to work that day to join us in spreading the awareness of preventing bullying in our schools and in the community.**

Also, October 30th is MIX IT UP LUNCH DAY. This national campaign launched by Teaching Tolerance is a way for students on one day to sit with someone new at lunch and engage them in a positive conversation! The goal is for students to focus on making connections across boundaries. This is easy to do by either color coding tables and distributing a color to students in their classrooms (great option at the elementary level) as well as putting “starter questions” on the table for students to begin the conversation (best at the elementary and secondary level). Questions like: What is your favorite color? Who is your favorite author and why? Who is your favorite band? What is your favorite subject in school and why? Tell us something fun you did this past weekend.
Below are two links to give you further information regarding “Unity Day” and “Mix it Up Lunch Day.”


Mix it Up Lunch Day - http://www.tolerance.org/mix-it-up/get-started

**Stop Bullying Video Challenge - Deadline: October 14**

This month, U.S. Education Secretary Arne Duncan called on America's youth to take the Stop Bullying Video Challenge. This challenge invites youth ages 13-18 to create a 30 to 60 second video that will inform and motivate youth to prevent bullying and showcase ways they are taking action against bullying, promoting a culture of kindness and respect in their communities. The contest winner will receive a grand prize of $2,000, with the two runner-ups earning $500 each. Learn more at http://1.usa.gov/RudQmr

Below are two writing/discussion prompt questions that could be used throughout the month of October.

**Writing Prompt #1: Today is Unity Day**

Prompt: Explain what Unity means to you and how you would unite the students and staff at (SCHOOL NAME) to take a stand against bullying in order for everyone to feel respected?

**Writing Prompt #2: What would you do as a Bystander?**

Prompt: Explain what a Bystander is and what you would do as a Bystander if you saw someone being bullied and/or someone being mean to someone else?

Definition of a Bystander: **person who, although present at some event, does not take part in it; an observer or spectator**

Here is also a link for teachers to talk about what students can do as a Bystander - http://www.stopbullying.gov/respond/be-more-than-a-bystander/index.html

Below are also a few messages to use throughout the month in your morning announcements or in classrooms to make awareness of National Bullying Prevention Month in OCTOBER.

**Message #1**

More than 160,000 students stay home for school each day from fear of being bullied. October is National Bullying Prevention Month and we charge you (SCHOOL NAME) students in preventing and stopping bullying in our school. The more we learn about each other, the better our (SCHOOL NAME) community will be! We challenge you to say hello today to someone new and introduce yourself! Make it a great day (SCHOOL NAME).

**Message #2**

October is National Bullying Prevention Month and we challenge (SCHOOL NAME) to preventing bullying in our building. Bullying directly affects a student’s ability to learn. It is difficult for students who are bullied to concentrate and their self-esteem and self-confidence goes down. So STAND UP against bullying this month. Be kind to those around you in the lunchroom and in your classes who you
may not know. Say hello to someone you don’t know in class today and introduce yourself! Make (SCHOOL NAME) a bully-free school!

**Message #3**

Bullying is a communitywide issue that must no longer be ignored. Students and staff, here at (SCHOOL NAME) have a role in addressing bullying and changing our school culture. October is National Bullying Prevention Month and our focus at (SCHOOL NAME) is to begin to change the culture in our school. Say hello to someone you don’t know, whether it be another student or even a staff member! Be respectful of one another, even when you at times may have differing views! It’s okay to agree to disagree and learn from one another when respect is shared by all.

**Message #4**

October is National Bullying Prevention Month. Silence is no longer an acceptable response to bullying. Students, staff and community members can no longer look away when bullying is taking place. Empower yourself to say “that is not cool,” “that is not appropriate,” and/or to say “just walk away from the situation, it is not worth it.” We challenge you (SCHOOL NAME AND MASCOT) to prevent harassment, intimidation and bullying from happening within our school. Make it an outstanding, bully-free day here at (SCHOOL NAME).

This information will be going to the Public Information office, so please feel free to share your stories with them if you decide to move forward with either of these dates. Please also feel free to pick several Unity and/or Mix it Up Lunch Days throughout the year to continue to spread the word of prohibiting Harassment, Intimidation and Bullying.

Have Fun!