



# National Bullying Prevention Month

“...bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety, and depression.” (PACER)

A publication of the Center for Leadership Education in Maternal and Child Public Health

We hope you find this health observance quick-guide helpful! Roll over text to find live links to sites and materials. Most messages, materials, and facts can be adapted to fit other audiences not specifically depicted here.

## Social media



Social media can be a great tool for finding up-to-date resources and facts. Follow leading organizations to find out what they are doing, share their posts, and join in national chats.

One of the easiest ways to find more resources is to search the hashtag for this observance. This can be done on almost all social media sites. Include it in any posts you create.

*Please share these documents and consider tagging the Centers: @UMN\_MCH and @SahrcUMN.*

### Hashtag

- #UnityDay2015
- #StopBullying365
- #ToolkitTalk

PACER's National Bullying Prevention Center (NBPC)

StopBullying.Gov

### YouTube

pacercenter  
StopBullyingGov

### Pinterest

StopBullying.Gov

### Facebook

PACER Teens Against Bullying

### Twitter

@StopBullying-Gov  
@PACERCenter

### Instagram

@pacercenter



## Print, post, or share

### Parent Advocacy Coalition for Educational Rights (PACER)

- What is bullying?
- Experiencing bullying
- You're not alone: Stories
- Take action
- Information for Unity Day
- Educator toolkits and activities
- PACER NBPC Publications
- Bullying and Harassment of Students with Disabilities: Top 10 facts parents, educators and students need to know
- Resources for students with disabilities
- E-News
- Join the We Will Generation™

- All videos
- Personal stories
- Purchase t-shirts
- Order Unity Day posters
- Run, Walk Roll Events Around the Country
- A guide to celebrating Unity Day with young students
- Overview resources

### StopBullying.Gov

- Resources and overview
- How to Talk About Bullying Prevention at school
- Working to prevent bullying in the community
- Cyberbullying information and resources
- Who is at risk, warning signs, and effects

If available, use logos and other graphics to enhance your posts, emails, or websites. Visuals help catch people's attention and often have higher engagement numbers. Use available facts from these organizations to create quick and easy posts for social media or a newsletter. Many also provide templates for press releases and other modes of communication.

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**Unity Day - Wednesday, October 21, 2015** [#UnityDay2015](#)

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