# **Everyone's Contribution Matters**



PACER.org/Bullying



PACERTeens Against Bullying.org



PACERKidsAgainstBullying.org



PACER.org/WeWillGen

Bullying can negatively impact educational performance, erode self-esteem and self-worth, cause anxiety and depression, and lead to thoughts of self-harm. PACER's National Bullying Prevention Center is making a difference for students, parents, and educators—and you can help.

## What can you do?

### Visit PACER's websites

Find valuable information, resources, and ideas to use in your community with PACER's innovative, educational sites for children, teens, and adults.

- PACER.org/Bullying—Helpful materials for parents, teachers and other adults
- PACERTeensAgainstBullying.org—Interactive, relevant ways to address bullying for middle and high school students
- **PACERKidsAgainstBullying.org**—Engaging, age-appropriate activities for elementary school students

### Show that you care

Take action and help spread awareness. During National Bullying Prevention Month in October, wear orange on Unity Day, plan a Run, Walk, Roll Against Bullying in your community, or choose one of the many ways to get involved all year long, such as telling your story, downloading one of the classroom toolkits, or signing up for the newsletter.

### Support the cause

Individuals from all over the country are inspired to share their time, energy, and talents to make a difference. Fundraisers, t-shirt campaigns, special events, and other activities all provide generous donations to the cause.

### **New project!**

The WE WILL Generation is an exciting new initiative developed by PACER's National Bullying Prevention Center designed to inspire peer engagement through student leadership: "We will be the generation that says, 'This is our issue and we will be the solution." The program features a free, on-line curriculum that incorporates a students-teaching-students model to build leadership and encourage a cultural change to address bullying.

## PACER's National Bullying Prevention Center®

The End of Bullying Begins With You

# One of every three students is bullied.

Chances are this could happen to someone you know and care about.

Bullying, an intentional behavior that hurts or harms someone, either physically or emotionally, is a serious issue that directly impacts thousands of students every day. As damaging as bullying is, there is hope, because bullying is an issue that can be prevented. When students, parents, educators, and others unite it means one less student being bullied, one more person speaking out, or another young person knowing that they are not alone.

# **How does PACER help?**

### **Inspires**

PACER engages communities to recognize that bullying is a behavior that has affected too many for too long. Preventing bullying begins with creating social change with bullying being recognized as a serious issue that impacts educational performance, physical and emotional health, and student's safety and well-being.

### **Educates**

PACER provides free, innovative web-based information, ideas and actions that can shared in communities across the nation to address bullying. Resources include engaging websites designed just for students, literature for parents to help their children through bullying situations, classroom toolkits for educators and much more.

#### **Involves**

PACER activates individuals to take action—on both a personal and community level. Everyone can participate in signing a petition, sharing their own story, or contributing a message to "I care because". They can also coordinate and participate in high profiles events such as National Bullying Prevention Month in October, Unity Day, or a Run, Walk, Roll Against Bullying.

#### **ABOUT US**

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change so that bullying is no longer considered an accepted childhood rite of passage. PACER provides innovative resources for students, parents, educators, and others, and recognizes bullying as a serious community issue that impacts education, physical and emotional health, and the safety and well-being of students.

### PACER's National Bullying Prevention Center®

The End of Bullying Begins With You

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October is National Bullying Prevention Month, founded by PACER in 2006