

# Everyone's Contribution Matters

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 (NBPC) is making a difference for students, parents, and educators — and you can help.

## What you can do!

### Visit NBPC's websites for resources, information, and ideas

- **PACER.org/Bullying** — Helpful information and activities to address and prevent bullying in the school, community, and online.
- **PACERTeensAgainstBullying.org** — Interactive, relevant ways to address bullying for middle and high school students.
- **PACERKidsAgainstBullying.org** — Engaging, age-appropriate activities for elementary school students.
- **PACER.org/WeWillGen**—Online curriculum that promotes student-to-student conversation to educate and inspire peers to be supportive of one another.

### Participate in a community event

- **PACER's National Bullying Prevention Month** — Be part of a cause that has united a nation. Each October, schools and communities hold activities and events to raise awareness of bullying prevention.
- **Unity Day** — Make it orange, make it end! Join PACER in sending one large **ORANGE** message of support, hope, and unity to show that we are together against bullying and united for kindness, acceptance, and inclusion.
- **Unity Awards** — A celebration of individuals and groups who have made meaningful contributions to the cause.
- **Run, Walk, Roll Against Bullying** — Family-friendly events held by schools, businesses, and/or communities to show the nation's commitment to keeping students safe from bullying.

### Fundraise to support the cause

Individuals from all over the country are inspired to share their time, energy, and talents so that NBPC can continue providing high-quality bullying prevention resources to individuals, schools, and communities at no cost. Fundraisers, T-shirt campaigns, special events, and other activities can generate donations that help create safer schools and communities for all students. For ideas on what you can do, go to [PACER.org/Bullying](http://PACER.org/Bullying) and click on "Get Involved/Campaigns."

### Support kindness, acceptance, and inclusion in your community

Organizations, businesses, and individuals can partner with NBPC and show their support for the cause by registering as a Champion Against Bullying, promoting through their company, or signing the online pledge. Send the message that "when we stand together, no one stands alone."

### Donate at [PACER.org/Bullying](http://PACER.org/Bullying)



# More than one out of five students report being bullied.

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

Bullying, a behavior that hurts, harms, or humiliates someone, either physically or emotionally, is a serious issue that directly impacts thousands of students every day. As damaging as bullying may be, there is hope! With education and awareness, bullying can be prevented at school, in neighborhoods, and online.

Every day across the nation and around the world, educators, parents, community members, and students access free online resources from PACER's National Bullying Prevention Center (NBPC). When individuals unite against bullying, it helps create kinder, more accepting, and inclusive communities where fewer students experience bullying, more people speak out, and no one feels alone.

## How does PACER's National Bullying Prevention Center help?

- Promotes a shared conversation and response to bullying in which everyone works together responsibly and collaboratively to create safe environments for students
- Inspires entire communities to get involved with social change and promoting kindness, acceptance, and inclusion
- Offers classroom activities, toolkits, and lesson plans for educators
- Provides informative guides for parents to understand the dynamics of bullying, help their children through bullying situations, and learn how to communicate with school staff
- Educates students with age-appropriate resources and information to manage bullying situations, be supportive of their peers, and take action to prevent bullying in their school, community, and online
- Creates school-wide opportunities to address bullying, including National Bullying Prevention Month in October and Unity Day, initiatives both founded by PACER's National Bullying Prevention Center

### 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. NBPC has offices in Minnesota and Los Angeles.*



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