

# 1 out of 5 students report being bullied



Chances are this is happening 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 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.

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

- **Promotes a shared conversation and response** to bullying in which everyone works together to create safe environments for students
- **Offers classroom activities, toolkits, and lesson plans** for K-12 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 schools, communities, and online
- **Creates school-wide and community opportunities** to address bullying through social change, including National Bullying Prevention Month in October and Unity Day – initiatives both founded by PACER's National Bullying Prevention Center
- **Helps to create kinder, more accepting and inclusive communities** where fewer students experience bullying, more people speak out, and no one feels alone

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## About Us

Founded in 2006, PACER's National Bullying Prevention Center actively leads social change to prevent childhood bullying, so that all youth are safe and supported in their schools, communities, and online.



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[PACER.org/Bullying](http://PACER.org/Bullying) | [PACERKidsAgainstBullying.org](http://PACERKidsAgainstBullying.org) | [PACERTeensAgainstBullying.org](http://PACERTeensAgainstBullying.org)

# Together We Can Create a Without Bullying

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!

### 1 Visit one of NBPC's websites for resources and inspiration

- **PACER.org/Bullying** — Visit PACER's website for parents, educators, and students to find helpful information and activities to address and prevent bullying in the school, community, and online
- **PACERTeensAgainstBullying.org** — Visit PACER's website for teens! This interactive resource contains relevant ways to address bullying for middle and high school students
- **PACERKidsAgainstBullying.org** — Visit PACER's website for kids! This engaging, age-appropriate resource contains activities and information for elementary school students

### 2 Plan or participate in a community event

- **PACER's National Bullying Prevention Month** — Be a 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
- **Create a World Without Bullying Event Kit** — Purchase this new event kit! It provides a great opportunity to set up a table with printed resources and engage in conversation about actions that will have a positive impact in preventing bullying. Kits contain materials for 50 participants

### 3 Fundraise to support the cause

Individuals from all over the world are inspired to share their time, energy, and talents so that PACER's National Bullying Prevention Center can continue providing high-quality bullying prevention resources at no cost. Fundraisers, T-shirt campaigns, hosting a "Run, Walk, Roll," or other special events can generate donations that help create safer schools and communities for all students. For additional creative fundraising suggestions or to donate, visit **PACER.org/Bullying**.



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