

The End of Bullying Begins with You!



PACER.org/Bullying

START USING OUR WEBSITES

Access the free, creative tools that can really make a difference if you download them to use where you live.

- Find incredible resources for parents, teachers, and other adults at PACER.org/Bullying
- Check out all of the cool, edgy, interactive teen resources at PACERTeensAgainstBullying.org
- Make the most of fun, age-appropriate activities for elementary school at PACERKidsAgainstBullying.org

SHARE YOUR STORY

We want to hear from you. Send your story, picture, song, video or poem to Bullying411@PACER.org and tell us how you overcame a bullying situation or helped someone else do the same.

SHOW THAT YOU CARE

Tell us why you care about this issue and join with thousands of others around the world by signing PACER's online petition: "The End of Bullying Begins with Me!" at PACER.org/Bullying/digitalpetition

SPEAK OUT IN OCTOBER

You need to take action and October is an ideal time to start. It's National Bullying Prevention Month and it makes an impact all across America. You can make it even bigger in your school, your community, and online by getting your friends involved.

- **Ellen DeGeneres wore orange on Unity Day and you can, too.** Order the official T-shirt at PACER.org/Bullying/nbpm so your community can "Make it Orange, Make it End!"
- **Do a Run, Walk, Roll Against Bullying event on your home turf.** It's easy, it's fun, and you'll be supporting a great cause. We've even got a free toolkit at PACER.org/Bullying to help you do it.
- **Educate others on bullying prevention.** Use the lesson plans, classroom toolkits, and other creative resources in your school.

SUPPORT THE CAUSE

We can't do it without you. People all over the country hold fundraisers, stage special events, and give generously. We hope you will do the same. Go to PACER.org/Bullying for ideas on what you can do.



PACERTeensAgainstBullying.org



PACERKidsAgainstBullying.org

New design launching in Fall 2012!

PACER's National Bullying Prevention Center®

The End of Bullying Begins With You

8161 Normandale Blvd, Minneapolis, MN 55437

952.838.9000 | PACER@PACER.org | bullying411@PACER.org

PACER.org/Bullying | PACERKidsAgainstBullying.org | PACERTeensAgainstBullying.org

BE A CHAMPION AGAINST BULLYING

with PACER's National Bullying Prevention Center



160,000 kids stay home from school each day to avoid being bullied

Bullying can erode self-esteem, impact learning at school, cause anxiety and depression, even lead to suicide. PACER's National Bullying Prevention Center is making a difference for kids, their parents, and schools by uniting, engaging, and educating communities nationwide to prevent bullying. Last year, 1.4 million people in nearly 200 countries used our web-based tools, and PACER's National Bullying Prevention Month has become a high-profile annual event that raises awareness from coast to coast. The impact is immeasurable and you can make it even bigger.

What can you do?

GO TO PACER'S WEBSITES

We have innovative, educational sites for children, teens, and adults, and all three have valuable information, resources, and ideas that you can use in your community.

GET INVOLVED HOWEVER YOU CAN

Help spread awareness during PACER's National Bullying Prevention Month in October. Wear orange on Unity Day and show that you care. Plan a Run, Walk, Roll Against Bullying event in your community. Or choose one of many other ways to get involved all year long.

GIVE GENEROUSLY TO KEEP KIDS SAFE

Make a donation online at PACER.org/Bullying so that together we can help prevent bullying. Your contribution will help students across the country feel safer. It could even save someone's life.

PACER's National Bullying Prevention Center®
The End of Bullying Begins With You

8161 Normandale Blvd, Minneapolis, MN 55437
952.838.9000 | PACER@PACER.org | bullying411@PACER.org
PACER.org/Bullying | PACERKidsAgainstBullying.org | PACERTeensAgainstBullying.org