

BE SOMEONE'S

HERO



**Host Your Own
K+S Pink Day
Student Rally**

redcross.ca/pink

#PinkDay #BeSomeonesHero

BE SOMEONE'S HERO

Dear K+S Pink Day Heroes,

Thank you for adding your voice to the thousands of people across Canada and around the world who are coming together to take action against bullying behaviour on Pink Day!

Pink Day began in 2007, when two students at a high school in Nova Scotia made a bold statement against bullying. After witnessing a younger student being bullied for wearing a pink T-shirt, the two students encouraged their peers to all wear pink to school the next day as an act of solidarity. To their surprise, the next morning, their school hallways were filled with pink. Over 800 students rallied together to send a message that bullying behaviour would not be tolerated in their school.

Each year Pink Day is **celebrated** to raise awareness of bullying issues and to inspire others to Be Someone's Hero by speaking up when they see bullying happening.

K+S Pink Day is February 26, 2020! You can celebrate by hosting a **K+S Pink Day Rally** at your school, getting students involved in activities that promote healthy peer relationships, or by purchasing or **printing your own K+S Pink Day T-shirts**.

The pages that follow here contain everything you need to host a **K+S Pink Day Rally** at your school! Included in this document you will find:

- A **K+S Pink Day Rally planning sheet** – to keep you organized and on track
- A **sample agenda for your K+S Pink Day Rally** (with timing breakdown) including content suggestions that could be presented by a guest speaker, teachers or students
- A **K+S Pink Day poster** to print and hang up around your school
- **Tip sheets** on how to recognize and address bullying that can be printed and given out

If you are looking for more specific ideas of activities you can do with students to celebrate **K+S Pink Day** and prevent bullying, you can download the School Resource Guide at redcross.ca/pinkSK.

We are here to support you with your **K+S Pink Day** planning and celebrations! Should you have any questions, or need someone to talk through ideas with, please connect with us by e-mailing kelsi.prince@redcross.ca or by calling **306-668-0712**.

Happy planning! Have fun!

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WHY HOST A K+S PINK DAY RALLY?

Join thousands of other students in Saskatchewan, across Canada, and around the world who participate in Pink Day and help raise awareness about the impact of bullying behaviour and how we can use our power to help create safe and respectful school environments.

FOR STUDENT LEADERS:

The awesome thing about hosting your own K+S Pink Day Rally at school is that you can make it whatever you want it to be! With the support of an adult advisor, you can take the lead on organizing the event and hone your organization, teamwork and leadership skills in the process.

As a student leader planning and running this event, you have a unique opportunity to motivate, empower and be a positive role model to your peers! What better way to do that than by YOU delivering bullying prevention education to your fellow students at your K+S Pink Day Rally. You can even enlist the help of some adults at your school to help you deliver the content.

LOOKING TO HAVE A GUEST SPEAKER AT YOUR RALLY?

If you are interested in having a guest speaker at your Pink Day Rally, here are some options to consider:

SASKATCHEWAN ROUGHRIDER AMBASSADORS

Each year, a handful of Saskatchewan Roughrider players are trained by the Canadian Red Cross as Saskatchewan Roughrider Ambassadors. Through an interactive presentation, they speak to youth about the importance of building healthy peer relationships and stopping bullying when they see it happening. Should you be interested in booking, please contact us at 306-668-0712 or kelsi.prince@redcross.ca.

YOUR LOCAL POLICE, RCMP OR SCHOOL RESOURCE OFFICER

Connect with your local police or RCMP detachment, or with your School Resource Officer to ask if they may be able to attend your K+S Pink Day Rally and speak to your school by delivering one or more of your agenda topics or activities.

FOR MORE INFORMATION AND RESOURCES, VISIT [REDCROSS.CA/PINKSK](https://redcross.ca/pinksk)

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TO HELP YOU GET STARTED...

- Create daily or weekly morning announcements to get people excited for your K+S Pink Day Rally! Use bullying statistics, and tips for how to intervene safely.
- Create or perform a cover of a song! Your school choir or band could perform at your K+S Pink Day Rally.
- Have students create a series of skits showing common bullying scenarios, and how someone could intervene in a positive, effective way.
- Create a K+S Pink Day Pledge Wall! Have students trace their hands on a piece of paper, cut them out and then have each person write a commitment of how they will **Be Someone's Hero**. Post them in a visible area (perhaps on the wall of the gymnasium or in the front hallway).
- Make a video and play it at the K+S Pink Day Rally! Interview students and staff about what K+S Pink Day means to them, or the ways that they can stop bullying behaviour when they see it happening.
- Decorate your school in pink! Put up K+S Pink Day posters, get some K+S Pink Day noise makers and pink balloons, have classrooms decorate their doors with Be Someone's Hero pledges, or post positive messages around the school.



Get creative! Start planning early. Include students, school staff and community partners in K+S Pink Day preparation. To help you put your ideas into action and develop a plan for your K+S Pink Day Rally, you can use the K+S Pink Day planning sheet on the following page to identify action items and a timeline for everything to be completed.

If you are looking for more specific ideas of activities you can do with students to celebrate K+S Pink Day and prevent bullying, you can download the School Resource Guide at redcross.ca/pinkSK.

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K+S PINK DAY PLANNING ACTIVITY

1. What is your activity? _____

2. What are you going to do? _____

3. What do you hope to accomplish by doing this activity? _____

ACTION STEPS

1. What steps do you need to take in order to put your plan into action? _____

2. What supplies, materials or space will you need for your activity? _____

3. Who can provide additional support? Older students? Community Agencies? _____

TIMELINE

1. What date will you deliver your **K+S Pink Day** Activity? _____
2. What tasks need to be completed before this date? _____

3. Who is going to be responsible for each task? _____

4. What additional support might you need for your activity to be successful? _____

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SAMPLE K+S PINK DAY RALLY SCHEDULE

As students are entering the gymnasium, you can run the K+S Pink Day Rally PowerPoint on a loop for all students to watch. You could even choose to have music playing while students are entering the gymnasium. The K+S Pink Day Rally PowerPoint is available to download at redcross.ca/pinkSK.

10:00am – Student Hosts take the stage

- Pump up the crowd and welcome everyone to the K+S Pink Day Rally
- Do a large group energizer or school cheer with the students
- If you have event sponsors, be sure to thank them
- Introduce K+S Pink Day and talk about its history
- Explain who (guest speakers, students, staff) is going to be speaking at the K+S Pink Day Rally
- Introduce your first guest

10:10am – Speaker/Presenter

- Ensure that their PowerPoint presentation is set up if they are using one
- Example theme could include: **Why You Are Here Today**
 - Today is about showing that bullying is no longer acceptable in our school
 - Bullying is a major issue and we all need to know what we can do to create safe and respectful schools and communities
 - Bullying impacts many people – whether you see it happening, participate in bullying, or are the one being targeted by bullying
 - We all play a role in stopping and preventing bullying
 - We want you to know how to recognize bullying when it happens and help to stop it
 - This is your chance to **Be Someone's Hero**
 - It is important to **Be Someone's Hero** because:
 - › We have all been impacted by bullying – whether that is as a target, someone that has used bullying behaviour, or has been a witness to bullying
 - › Over half the time, bullying will stop in less than 10 seconds if someone intervenes

10:19am – Student Hosts take the stage

- Thank the speaker for coming
- Introduce the next speaker/activity/video

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SAMPLE K+S PINK DAY RALLY SCHEDULE CONTINUED

10:20am – Speaker/Presenter OR Video OR Performance

- Use this time to either have a second speaker address the students, or to play a video, or to have a performance (e.g. song, bullying scenario skits, etc.)
- Example theme could include: ***You Can Be Someone's Hero***
 - Research shows that 75% of people say they have been affected by bullying
 - Bullying can cause serious harm to a person
 - Fighting back is not recommended, it can make the bullying worse – go and seek help
 - You can ***Be Someone's Hero***:
 - › Witnesses, who do nothing when they see bullying happening, allow the situation to continue and empower the person doing the bullying
 - › Witnesses can be heroes
 - › If you do not feel safe speaking out or intervening, go and tell an adult
 - › Telling an adult is not tattling
 - › By doing something, you are being a part of the solution
 - › Talk to the person being bullied – let them know that they do not deserve it and that you care about them

10:29am – Student Hosts take the stage

- Thank the speaker for coming
- Introduce the next speaker/activity/video

10:30am - Speaker/Presenter OR Video OR Performance

- Use this time to either have a third speaker address the students, play a video, have a performance (e.g. song, bullying scenario skits, etc.), or do an activity from the K+S Pink Day School Resource Guide or one of the K+S Pink Day Rally activities provided.

10:45am (or later) - Student Hosts take the stage

- Thank the previous speaker for coming
- Thank the audience for their attention and participation
- Remind everyone to ***Be Someone's Hero***

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PREVENTING BULLYING TIPS FOR PARENTS

IF MY CHILD IS BEING BULLIED

- Listen to your child entirely before reacting.
- Involve your child in finding solutions.
- With your child's help, create a support team for you and your child (teachers, school counsellors, trusted family members, etc.)
- Help your child learn how to cope with stress and anxiety.
- Build your child's capacity to respond effectively to the bullying by:
 - Abstaining from violence.
 - Not counter-bullying.
- Help your child to build their self-esteem by:
 - Engaging them in activities they enjoy.
 - Praising their good efforts and accomplishments.
 - Reminding your child that you love them.
- Know when the problem is getting too big for them, and seek appropriate intervention.
- To get help, call the Kids Help Phone **1-800-668-6868** or **kidshelpphone.ca**.

IF MY CHILD IS ENGAGING IN BULLYING BEHAVIOUR

- Stay calm and be firm—let your child know that bullying is not acceptable.
- Find out what motivates your child to bully, and encourage an open and honest discussion.
- Use non-violent and age-appropriate consequences; set rules.
- Discuss how your child can take steps to repair the damage caused by the bullying behaviour.
- With your child's help, create a support team for the both of you (teachers, school counsellors, trusted family members, etc.)
- Be a positive role model in your child's life by being aware of how you use your own power.

IF MY CHILD IS WITNESSING BULLYING

- Explore the different options for your child to stand up against bullying.
- Teach your child that if they see someone being bullied, they should not laugh, watch or join in.
- Educate your child to intervene immediately to stop the bullying, and to get an adult to help with the intervention if it's unsafe to act without an adult present.
- Approach the person being bullied to provide support.
- Explain the difference between "tattling" on someone as opposed to "reporting" to stop someone from getting hurt.
- Encourage your child to come up with creative ways to intervene in a bullying situation, such as changing the subject or starting a game.
- Set a good example for your child by showing that you care about others.

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PREVENTING BULLYING TIPS FOR YOUTH

FOR THOSE WHO ARE EXPERIENCING BULLYING

- Talk to an adult that you trust, and don't be afraid to ask a friend to go with you.
- Spend your time with friends who you can count on to support and stick up for you.
- Appear confident and let the person doing the bullying know that it is not OK.
- Try to stay calm, and do not react to the bullying.
- Stand up for yourself without being aggressive; violence only makes things worse.
- Remind yourself that you do not deserve to be bullied or harassed.
- To get help, call the Kids Help Phone **1-800-668-6868** or **kidshelpphone.ca**.

FOR THOSE WHO ARE BULLYING

- Talk to someone you trust who can help you find ways to have healthy relationships.
- Get a friend to tell you to stop when they notice you are starting to bully others.
- It's OK to not like everybody, but you do have to respect everybody.
- Respect differences and do not judge.
- Try to understand what it would feel like if you were bullied.
- If you are unsure of how to apologize after you have bullied, ask a teacher or a friend for help.
- Although other kids might laugh and watch while you bully, it doesn't mean they think it is OK.
- Use your power in a positive way to help others, not to hurt them.

FOR THOSE WHO ARE WITNESSING BULLYING

- Telling an adult when someone is being bullied, and may need help, is not the same as "tattling" on someone to get them into trouble.
- By getting help, you are part of the solution; watching and doing nothing makes you part of the problem.
- If you see somebody who is being bullied, assess the situation; intervene if you feel safe — if not, get an adult to help.
- Ask your teacher or counsellor for effective ways to intervene in bullying situations.
- Talk to the person who has been bullied and let them know that they do not deserve to be treated like that and show them that you care.
- Try to be more inclusive of kids who you know are being bullied; be a good friend.

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PROMOTING YOUR EVENT

SOCIAL MEDIA

Join the K+S Pink Day conversation on Instagram and Twitter! If you take photos at your K+S Pink Day Rally and post them to social media, use the hashtags to be visible nationally and internationally!

Important Note: If you are posting photos of other people at your school, please make sure that you have received their consent to do so.

#PinkDay | #BeSomeonesHero



PHOTOS

We would LOVE to see photos of your K+S Pink Day Rally! If you have photos of your event that you would be willing to share with us, please send them to kelsi.prince@redcross.ca.

FOR MORE INFORMATION AND RESOURCES, VISIT [REDCROSS.CA/PINKSK](https://redcross.ca/pinksk)