



# AFTER PINK SHIRT DAY



## Ending bullying takes more than one day! Your role in preventing bullying doesn't end once Pink Shirt Day is over.

Encourage taura/students to build up each other's mana, even after Pink Shirt Day has finished. The awhi/support they give other people can uplift their mana and help them feel good! By applying [mana manaaki](#), taura will be contributing to a positive environment where everyone feels valued and respected!

Keep the kindness ball rolling at your kura or school with these actions you can do beyond the day.

### Take issues of bullying seriously

If someone confides they are being bullied:

- Take it seriously and let them know you care and will help make it stop.
- Encourage them to talk with a parent, whānau member, school counsellor or call one of the helplines on our [Getting Help & Advice](#) fact sheet. (You can also display this in your classroom or common areas).

### Help your school to be inclusive and supportive of trans and gender diverse people

[InsideOUT](#) are running free Pink Shirt Day Rainbow Inclusive School workshops as well as some personal development sessions for kaiako/teachers and taura/students in rural areas. The workshops help schools to strengthen bullying prevention and rainbow inclusion initiatives. See if there's a workshop in your local area by clicking [here!](#)

Check out InsideOUT's [guidebook](#) for creating safe and inclusive school environments for trans and gender diverse rangatahi. From bullying to bathrooms, the [Making Schools Safer for Trans and Gender Diverse Students](#) resource covers all aspects your school may need to think about.

### Start a Rainbow Diversity Group

Rainbow Diversity Groups are taura-led groups or clubs that provide a safe and supportive environment for people of diverse sexualities, sexes, genders and their allies (they're sometimes known as Queer Straight Alliances or Gay Straight Alliances). These groups are one way to take an active role in preventing bullying at your kura or school. Check out [InsideOUT](#) for a resource pack including great tips to give taura on starting a group, what to do in a group, examples of other groups and lots more.

### Is your school's anti-bullying policy visible?

It's important for your school to have an anti-bullying policy and for you and your taura to understand it. Promote the policy in school newsletters and website.

### Keep bullying prevention front of mind

Check out the book reviews on topics like anxiety, bullying and resiliency on our [Good Reads](#) page. They have been reviewed by teachers, school counsellors, librarians, health professionals, parents and rangatahi. Speak about the books in class and encourage taura to read them.

### Challenge co-curricular norms

Ensure language use and rules around events such as the school ball are inclusive of diverse genders and sexualities. Meet with coaches to discuss strategies to stamp out homophobic banter at team training sessions and in the stands.

### Knowledge is power

Access tools such as the [Wellbeing@School](#) survey to gather data around how taura feel about their experiences of bullying at your school. Over time, repeat the survey and compare the results to track progress.

