



FACT SHEET #1: IDEAS AND INSPIRATION



Creating a positive culture and environment at school, free from bullying and where diversity is celebrated, takes more than just one day.

There is so much you can do to make your school safe, supportive and respectful for all rangatahi/young people.

Here's a list of ideas to help you prep for Pink Shirt Day, celebrate on the day, and continue the movement throughout the year! We've even introduced new [classroom activities](#), developed by [Sparklers!](#)

Your school might have different rules and a different culture to other schools. If this list of activities won't work at your school, get creative and come up with your own activities that will work for you.



IN THE LEAD UP TO PINK SHIRT DAY:

Ending bullying takes more than one day and takes the commitment and energy of the whole school. Creating a positive school culture and environment free from bullying and where diversity in all its forms is celebrated, doesn't happen in one day. Change takes time.

There are things you can do ahead of Pink Shirt Day to get management or other kaiako/teachers on board so the day is a success at your school!

Get key people on board!

Your chances of running a Pink Shirt Day at your school are higher if you have a kōrero with your school principal, school management, other kaiako and head tauria/students so they can awahi support you.

Prepare for an increase in reporting

- During awareness campaigns, like Pink Shirt Day, there is often an increase in reporting of bullying behaviours, in particular cyberbullying. Alert the pastoral care team and instruct staff how to respond to student reports.
- Educate your staff on the expected referral process and ensure they are informed of any internal and online support services and helplines available for tauria or the kaiako themselves.
- Use staff meetings as an opportunity to raise policy and procedures for addressing bullying complaints or incidents.

Use the value of 'kōrero awahi'

- 'Kōrero awahi' is about being able to communicate clearly, positively and with compassion.
- In the lead up to Pink Shirt Day, ask your tauria to identify ways they can use 'kōrero awahi' to help kaiako and their fellow tauria feel safe, valued and respected at school.

Put in your resource order early!

To avoid missing out, get in early and [order](#) your free school mufti day pack full of posters (in te reo too!), a DIY t-shirt stencil, balloons and more.

The value of 'kōrero awahi' is an important part of preparing for the Pink Shirt Day kaupapa. Kōrero awahi is about being able to communicate clearly, positively and with compassion. You can use this value in the lead up to the day to get your school and tauria/students on board with Pink Shirt Day.

Arrange to speak at assembly and/or design a class presentation

- Before Pink Shirt Day, open up conversations about bullying by talking about the campaign and what it stands for. Use our [‘About Pink Shirt Day’](#) and [‘About Bullying’](#) fact sheets to guide an assembly presentation.
- Talk about the three values of kōrero awahi, aroha and kindness and mana manaaki.



Create t-shirts!

In each [mufti day school pack](#), there is a stencil where taura can create their own Pink Shirt Day tee or use it to draw with chalk on the footpath! If you're [registered](#) for updates, you'll be the first to hear when our official Pink Shirt Day t-shirt is ready to order.

Print the Pink Shirt Day Taura/Student Toolkit

Pink Shirt Day is a great platform for engaging rangatahi in bullying prevention and supporting taura/student-led initiatives and actions. Leave copies of the [Pink Shirt Day Taura/Student Toolkit](#) on your desk for taura to read and to learn more about Pink Shirt Day!

Celebrate on an alternate date

If your school has something else happening on Friday 17 May, hold your Pink Shirt Day on another day that works for your school!

Pink Shirt Day has important messages to be sending to children and their whānau.

USE OUR NEW ACTIVITIES IN YOUR CLASSROOM:

Promote being an Upstander

- A bystander is someone who sees or knows about bullying that is happening to someone else. A supportive bystander (an ‘Upstander’) will use words or actions that can help someone who is experiencing bullying.
- Help your taura be Upstanders with our Five Actions to be an Upstander. Run our two new classroom activities – [Being Brave for Others](#) and [Upstanding Plan](#) – so they know what they can do if they see bullying happening within or outside of school. The two activities summarise the five Upstander actions in a fun and engaging way and help rangatahi feel more confident taking action!

Get whānau involved!

- Our new Pink Shirt Day classroom activity, [Culture of Kindness – A Co-Design Approach](#), gives your taura the opportunity to interview a member of their whānau about what they hope their experience at school is like. The answers from whānau could be really interesting!
- This activity is all about the importance of having a whole of school-community approach to create a culture of aroha and kindness where bullying can't flourish.

Encourage aroha and kindness

- Encourage your taura to do a random act of kindness at school or at home (like opening a door or offering to help!). It's easy!
- Play our new classroom activity, [The Empathy Effect!](#) This roleplay activity is all about how our actions can impact others – when we do something unkind to one person, that person isn't necessarily the only one impacted.

When taura/students show each other aroha and kindness, it can have a flow-on effect!

Celebrate your rainbow taura and fellow kaiako

- Run our new classroom activity, [We Can Only Shine](#), with your taura. This activity is about diversity, acceptance and being our true selves – it's a fun activity with an important message. The activity is for younger tamariki but there is a suggestion for older rangatahi too.
- Chalk or paint rainbows on the footpath, or have rainbow stickers/flags, to show you are a safe and welcoming school for LGBTQIA+ rangatahi and whānau.

ON PINK SHIRT DAY FRIDAY 17 MAY 2019:

You might have other kaiako/teachers and management's supportive of running a Pink Shirt Day at your school by this stage. Now it's time to run some fun activities on the day for your taura/students – ones that have an important underlying message!

Expressing the values of aroha and kindness is what the Pink Shirt Day kaupapa is all about! Remind your taura/students an important part of today (Pink Shirt Day!) is about spreading aroha and kindness and knowing the positive effects it can have on everyone around them!

Pink up your class!

Hold a pink school mufti day, collect gold coin donations and turn your school into a sea of pink! Visit our [Swag](#) page and order your free mufti day pack full of pink resources and decorations. Provide ribbons or pins for students who are unable to wear pink to show their support in alternate ways.

Pink compliments

Ask your taura to create compliments by cutting out heart shapes with phrases of aroha and kindness and give them out to other taura.

Encourage taura to leave thoughtful messages full of aroha for each other on social media.

Organise a postcard delivery service where taura can write to others, thanking them for their recent aroha and kindness (or your other school values).

Give out Pink Shirt Day Awards

Recognise rangatahi who express the values of Pink Shirt Day. We've created a [certificate](#) to make it super easy. Just download and print it! We also have [stickers](#) to award taura with too.

Get active on social

Encourage your taura to post videos, photos and selfies of themselves in pink using [#pinkshirtdaynz](#) on [Instagram](#), [Facebook](#) or [Twitter](#). Remind them we have a new Facebook frame to add to their profile photo (coming soon!).

Create a Pink Shirt Day pledge

This is a great way to open up the conversation about bullying with taura and their whānau too! Ask your taura to join the movement by adding their name to a piece of paper and pledging one action they will take to prevent bullying. Remind them that it shows their commitment to creating a bullying-free environment. Their whānau can sign it too. Display it and share it on social media!



Get sporty

Ask school sports teams to wear pink socks, arm bands or t-shirts and take the message to the field on the game day closest to your school's Pink Shirt Day. The more people wearing pink, the better!

I often talk to my senior tamariki about the legacy they leave at the kura before moving on to high school.

KEEP THE BALL ROLLING:

Preventing bullying at your school will take more than just one day. Just because Pink Shirt Day is one day, doesn't mean your role in preventing bullying ends. Keep the kindness ball rolling at your school with these activity suggestions that can be used beyond the day.

Encourage taura/students to build up each other's mana, even after Pink Shirt Day has finished. The awahi/support they give their mates, fellow taura or whānau can uplift their mana and help them feel good! By applying mana manaaki, taura will be contributing to a positive school environment where everyone can feel valued and respected at all times!



Start a Rainbow Diversity Group (or if you have one, join it!)

- Sometimes known as Queer Straight Alliances or Gay Straight Alliances, Rainbow Diversity Groups are taura/student-led groups or clubs that provide a safe and supportive environment for rangatahi of diverse sexualities, sexes, genders and their allies. These groups are one way to take an active role in preventing bullying at a 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!

Review your school's anti-bullying policy and ensure it's accessible?

- It's really important for your school to have an anti-bullying policy and for you and your taura to know about it and understand it.
- Check to see that expectations around the use of digital devices, photos and videos are explicit in the policy.
- Promote the policy and the specific measures for community members to report bullying behaviours in school newsletters and on the school's website.
- Ensure you promote the anti-bullying policy to whānau and parents, and that they're involved in resolving reports of bullying.

Build capacity for change

- Teachers require professional learning opportunities to learn about how sexuality, gender and intersecting cultural identities relate to bullying. Organise for an appropriate teacher or outside presenter to help your staff become more confident in speaking about these issues.
- Identify opportunities in your school curriculum to allow students to explore issues related to diverse genders and sexualities.
- Teach staff and students to "say what they mean and mean what they say" to end homophobic and bullying put-downs in the classroom.

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 misogynistic and homophobic banter at team training sessions and in the stands.

Gather community voice

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

Keep bullying prevention front of mind

Check out our [book reviews](#) on topics like anxiety, bullying, feeling different and resiliency in class. Some books have even been reviewed by rangatahi themselves! Speak about one of the reviewed books in class.

Help make your school inclusive and supportive of trans and gender diverse rangatahi

Check out [InsideOUT's guidebook](#) for creating safe and inclusive school environments for trans and gender diverse taura. 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.

Review your school's uniform policy with the aim to provide greater choice for expression of diverse gender identities.

Take issues of bullying seriously

If taura confide in you they are being bullied:

- Take it seriously and let them know you care and you 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.

We now feel part of a bigger kaupapa/movement than just our own little kura.

Check out the school library

Does your school library have books with a wide-range of characters and topics from diverse backgrounds? Do these books celebrate diversity? Ask the school librarian to make a Pink Shirt Day display of these books. If you think your school's collection could use a bit more diversity, talk to the librarian!



Display the 'Getting Help and Advice' fact sheet in your classroom

Display our 'Getting Help and Advice' fact sheet of key helplines on notice boards, your classroom and in common areas.