



PINK SHIRT DAY 2019
FRIDAY 17 MAY

 **Mental Health Foundation**
mauri tū, mauri ora OF NEW ZEALAND



Tēnā koe,

[Name of school] has joined the [Pink Shirt Day](#) movement to Kōrero Mai, Kōrero Atū, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying!

On [date], we're pinking out the school to show our commitment to creating an environment that is safe, welcoming and inclusive of all taira/students.

Aotearoa has the **second-highest** rate of school bullying out of 51 countries. Many studies show people who are bullied are more likely to experience mental health issues, such as depression, anxiety and even suicidal thoughts.

With your help we can turn this around by ensuring our school celebrates diversity and is a place where all taira everyone can feel safe, valued and respected.

About Pink Shirt Day

Pink Shirt Day is a national bullying prevention campaign run by the Mental Health Foundation of New Zealand. Pink Shirt Day [began in Canada](#) in 2007 when two students took a stand against homophobic bullying at their school after a new student was bullied for wearing pink.

About bullying

While all rangatahi/young people can be the target of bullying, some are [more likely to be targeted](#). These are often people that are perceived as different in some way from the mainstream "majority culture".

Bullying is:

- Deliberate – harming another person intentionally
- Involves a misuse of power in a relationship
- Not a one-off – it is repeated, or has the potential to be repeated over time
- Involves behaviour that can cause harm – it is not a normal part of growing up ([learn more here](#)).

How we're celebrating Pink Shirt Day

We'll be celebrating Pink Shirt Day by holding a [\[event/mufti day/fundraiser/activity\]](#).

Date:

Time:

Where:

How you can help

Your rangatahi may be experiencing bullying, know someone who is being bullied or witnessed bullying at school. Rangatahi can have a powerful role in preventing bullying – research shows that more than half of bullying situations stop when a peer intervenes on behalf of the rangatahi being bullied!

Learn more about [how you can help](#) your child if they find themselves in this situation, such as encouraging them to be an 'upstander' with our '[Five Actions to Being an Upstander](#)'. Here is a list of [helplines](#) if you would like more advice or support.

For more information on what our school is doing to prevent bullying and celebrate diversity, including our bullying prevention policy, visit: [\[add in teacher contact details or a page on your website\]](#).

[Sign off]





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