



PINK SHIRT DAY 2019
FRIDAY 17 MAY

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



Tēnā koutou,

We've joined the [Pink Shirt Day](#) movement to Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak Up, Stand Together, Stop Bullying.

On Friday 17 May, we're turning into a sea of pink to show our commitment to creating a positive workplace environment that is safe, welcoming and inclusive of everyone.

Why prevent bullying?

Workplace bullying is a serious issue in Aotearoa. **1 in 5** people experience workplace bullying each year. 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 [\[workplace/organisation\]](#) celebrates diversity and can be a place where everyone feels 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 since 2012. Pink Shirt Day [began in Canada](#) in 2007 when two students took a stand against homophobic bullying after a new student was bullied for wearing pink.

About bullying

Bullying is:

- Deliberate – harming another person or group of people intentionally
- Involves a misuse of power in a relationship/s
- Not a one-off – it is repeated more than once
- Involves behaviour that can cause physical or psychological harm ([WorkSafe New Zealand](#)).

While everyone can be the target of bullying, some experience more bullying than others. People who identify as members of rainbow communities experience higher rates of bullying.

How we're celebrating

We'll be celebrating Pink Shirt Day by holding a [\[morning tea fundraiser/casual Friday/Diversi-tea Kōrero Starter activity\]](#).

Date:

Time:

Where:

For more information on what our organisation is doing to prevent bullying and celebrate diversity, including our bullying prevention policy, please see [\[key contact's details or attach relevant document/s\]](#).

[\[Sign off\]](#)





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