

**spirit day**



10.17.2024

**ANTI-BULLYING  
RESOURCE  
KIT**

**FOR PARENTS & EDUCATORS**



Go purple. Support LGBTQ youth. Take a stand against bullying!

## WHAT IS SPIRIT DAY?

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#SpiritDay is the world's most visible anti-bullying campaign where we ask everyone to go purple to shine a light on LGBTQ youth, who disproportionately face bullying and harassment.

Pledging to "go purple" on [#SpiritDay](#) is a way for everyone — companies, global leaders, tv & film studios, celebrities & influencers, neighbors, parents, teachers, classmates, and friends — to visibly show solidarity with LGBTQ youth and helps to create clear possibility models for them to see themselves thrive in a world where they are represented and protected. Purple is also the color that represents Spirit on the LGBTQ pride flag.

Learn more at [GLAAD.org/SpiritDay!](https://GLAAD.org/SpiritDay)

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## HOW CAN I EDUCATE MYSELF?

1. **Create LGBTQ-Inclusive Environments:** Emphasize the importance of creating safe and inclusive spaces for LGBTQ students. Work to implement anti-bullying policies that specifically protect against discrimination based on gender identity and sexual orientation and train staff to respond effectively to anti-LGBTQ behavior. Support initiatives like Gay-Straight Alliances (GSAs) that foster a sense of belonging and community.
2. **Promote Awareness and Education:** Develop educational programs and resources that raise awareness about bullying and its effects. This could involve workshops, training sessions for teachers and parents, and integrating anti-bullying lessons into the school curriculum. Teaching Tolerance and GLSEN provide valuable lesson plans and activities designed to educate students on empathy, respect, and the importance of standing up against bullying.
3. **Support Mental Health and Suicide Prevention:** Provide resources and support for students who may be experiencing bullying or contemplating self-harm or suicide. Recognize the warning signs of suicide, offer counseling and support services, and promote helplines like, The Trevor Project.
4. **Encourage Parental and Community Involvement:** Engage parents and the community in anti-bullying efforts by providing them with resources and training on how to support children who are bullied or who bully others. Organizations like PFLAG and The Trevor Project offer guides and support networks for parents to better understand and advocate for their LGBTQ children.
5. **Implement Comprehensive Bullying Policies:** Establish and enforce comprehensive anti-bullying policies that protect all students. Develop a clear reporting mechanism for bullying incidents, ensure consistent enforcement of rules, and create a culture of accountability within schools.

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## HOW CAN I GET INVOLVED WITH SPIRIT DAY 2024?

- **Wear Purple and Spread the Word:** Show your support by wearing purple and encouraging others to join you!
- **Sign the Spirit Day pledge:** Take the Spirit Day Pledge now to publicly take a stand against bullying and commit to accelerating acceptance for LGBTQ youth with GLAAD.
- **Share Your Story:** Post online about your story and share why you're going purple to stand together with your LGBTQ peers and community.
- **Volunteer Locally:** Offer your time at a local LGBTQ center or group in your community.
- **Learn More:** Share GLAAD resources and raise awareness on social media; encourage school administrators and staff to participate as well.
- **Donate:** If you're able, support GLAAD's youth visibility work and other organizations supporting the LGBTQ community and LGBTQ youth where you live!

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## ABOUT GLAAD

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic force in media, GLAAD tackles tough issues to shape the narrative and provoke powerful dialogue that shifts culture. GLAAD protects all that has been accomplished in LGBTQ representation and visibility, creating a world where everyone can live the life they love. Learn more at [GLAAD.org](http://GLAAD.org) and connect with @GLAAD on social media.

## QUESTIONS?

Contact **The GLAAD Partnerships Team**  
at [partnerships@glaad.org](mailto:partnerships@glaad.org) or visit [glaad.org/spiritday](http://glaad.org/spiritday)