

## Support Anti-Bullying by Wearing Pink on Feb. 26th

### *DASH takes a look at anti-bullying resources for BC schools*

February 26<sup>th</sup> is Pink Shirt Day, which supports anti-bullying in British Columbia, and schools all over the province will be incorporating anti-bullying and positive mental health programming into their curriculum and extracurricular activities. Bullying happens at schools, workplaces, homes and, increasingly, over the internet. Bring awareness to your school this month by taking advantage of some of the anti-bullying and positive mental health resources below.

- [Pink Shirt Day](#): This year, Pink Shirt Day falls on **Wednesday, February 26<sup>th</sup>**. This iconic day came to be when two high school students from Nova Scotia arranged for their classmates to wear pink shirts after witnessing a student getting bullied for wearing pink the day before. For more information on how to organize your own Pink Shirt Day, click [here](#).
- [ERASE Bullying](#): The ERASE strategy is a comprehensive and multi-pronged approach to promote positive mental health and wellness, and to prevent bullying and violent behaviours in schools. The strategy includes a coordinated approach involving schools, families and community partners. The ERASE Bullying website provides parents and students with helpful tips and advice on how to address bullying. The site also includes a confidential online reporting tool for youth to report bullying.
- [WITS Programs](#): The WITS Programs bring together schools, families and communities to create responsive environments that help children deal with bullying and peer victimization. WITS has two components: the WITS Primary Program (Kindergarten - Grade 3) and the WITS LEADS Program (Grades 4 - 6).
- [JCSH Positive Mental Health Toolkit](#): An online resource that promotes positive mental health practices and perspectives within a school environment. The toolkit is designed to help schools and communities apply their strengths to foster positive growth and development of children and youth.
- [Beyond the Hurt](#): A Canadian Red Cross youth-facilitated program targeted at bullying and harassment prevention among children aged 11 and over.
- [Safeteen](#): A team of facilitators offers skills for choosing healthy relationships, strategies to prevent bullying and harassment, and skills to de-escalate verbal, physical and emotional violence. Most importantly, the program cultivates empowerment, self-determination, critical thinking and self-esteem in children and youth.

For more resources related to anti-bullying and positive mental health, visit the [Healthy Schools BC](#) website!