

FOREST AVENUE SCHOOL

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No Name Calling Week Daily Activities to Celebrate 1/16 - 1/20

- **Monday 1/16:** Martin Luther King, Jr. Day - No School
- **Tuesday 1/17:** Students will write a statement about the importance of tolerance and acceptance and create a unity chain that will be connected throughout Forest Avenue to show we are all united against bullying!
- **Wednesday 1/18:** Students will wear mismatched clothes to school. Teachers will discuss the quote, *"We are all different and should appreciate our differences."*
- **Thursday 1/19:** Students will wear clothes backwards. Teachers will discuss the quote, *"Words can hurt and you can't take them back."*
- **Friday 1/20:** Students will wear sports team apparel. Teachers will discuss the quote, *"We are all good sports if we treat each other like we are on the same team."*

Please read the pledge with your child, sign, and return to school on Tuesday, January 17, 2017.



celebrate KINDNESS

I _____
believe that bullying and calling
other students hurtful names is
wrong. I pledge to do my best to:

- ✓ Not bully other students or call them hurtful names.
- ✓ Intervene, if I safely can, in situations where students are being called names.
- ✓ Support efforts to end bullying and name-calling.

Parent Signature: _____

If you are being called names or bullied, remember the four ways to stay SAFE:

SAY WHAT YOU FEEL: Tell the person who is bullying you or calling you names the way their actions make you feel.

ASK FOR HELP: Sometimes you can't handle the situation yourself, and it's ok to ask for help. Find a teacher or other school staff member to talk to.

FIND A FRIEND: Hanging out with people who make you feel good about yourself is important, and the person calling you names might think twice before picking on you when you're with your friends.

EXIT THE AREA: While it may feel like you aren't doing anything at all, sometimes walking away from someone who is picking on you is the best way to end things.

nonamecallingweek.org

GLSEN | NO NAME-CALLING WEEK