

# **SPEAK UP**

*Stand together*

# **STOP**

# **BULLYING**

**2018 PINK SHIRT DAY**  
TEACHER TOOLKIT

Join the movement

**PINK  
SHIRT  
DAY '18**

# Contents

<b>WELCOME</b> .....	<b>PAGE 3</b>
Join the movement!	
<b>FACT SHEET #1</b> .....	<b>PAGE 4</b>
About Pink Shirt Day	
<b>FACT SHEET #2</b> .....	<b>PAGE 6</b>
About bullying	
<b>FACT SHEET #3</b> .....	<b>PAGE 8</b>
Bullying statistics	
<b>FACT SHEET #4</b> .....	<b>PAGE 10</b>
Ideas and inspiration	
<b>FACT SHEET #5</b> .....	<b>PAGE 15</b>
Fundraising	
<b>FACT SHEET #6</b> .....	<b>PAGE 16</b>
Getting help and advice	
<b>FACT SHEET #7</b> .....	<b>PAGE 17</b>
Our partners	
<b>BULLYING-FREE NZ WEEK</b> .....	<b>PAGE 18</b>
<b>BIBLIOGRAPHY</b> .....	<b>PAGE 19</b>

# Welcome

New Zealand has some of the highest rates of bullying in schools in the world. In 2018, we invite you to **join the movement** for change!

Pink Shirt Day, 18 May 2018, is the day when New Zealand celebrates diversity and speaks up and stands together to stop bullying.

No young person should be made to feel bad about who they are! By taking bullying seriously and working towards a school culture that supports and celebrates the diversity of all students, young people can feel safe, valued and supported, and flourish at school.

Pink Shirt Day has a strong focus on stopping homophobic, biphobic and transphobic bullying.

In New Zealand, young people who identify as lesbian, gay, bisexual, transgender, queer, intersex, asexual, plus (LGBTQIA+) (also referred to as rainbow communities) experience higher rates of bullying.

Many studies show that young people who are bullied are more likely to experience mental health issues, such as depression, anxiety and even suicidal thoughts.

The Pink Shirt Day movement is strong and growing! A record number of schools (approximately 500!) got involved last year. And once again, **Bullying-Free NZ Week** (May 14-18) ends on Pink Shirt Day!

This toolkit has a whole range of information, ideas and inspiration to help you get active around Pink Shirt Day, as well as throughout the year.

Thank you for joining us this Pink Shirt Day. Because it's more than a day, it's a movement!

**The Pink Shirt Day Team**

Pink Shirt Day is led by the Mental Health Foundation with support from The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association (PPTA), Auckland District Health Board Peer Sexuality Support Programme (PSSP), Youthline, Te Kaha o Te Rangatahi Trust, Emerge Aotearoa, the Human Rights Commission and Bullying-Free NZ Week.

Bullying-Free NZ (May 14-18) is a week-long opportunity to raise awareness of bullying behaviour and promote what schools are doing to become a Bullying-Free NZ School. It is an initiative of the cross-sector Bullying Prevention Advisory Group, a collaboration of 18 organisations with representatives from the education, health, justice and social sectors.





# About Pink Shirt Day

Join the Pink Shirt Day movement and on May 18 stand together for diversity, and against bullying.

## Origins of Pink Shirt Day

Pink Shirt Day began in Canada in 2007 when two students, David Shepherd and Travis Price, took a stand against homophobic bullying after a new Year 10 student was harassed and threatened for wearing pink. David and Travis bought dozens of pink shirts and distributed them to their classmates to wear the next day. The word got out online and hundreds of students showed up in pink, some from head-to-toe, to stand together against bullying. It was a powerful moment when the bullied student walked into school and saw his peers decked out in pink! It has been celebrated in New Zealand since 2009.

## Our partners

The Mental Health Foundation has led Pink Shirt Day since 2012. In 2018, our partners include The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association (PPTA), Auckland District Health Board Peer Sexuality Support Programme (PSSP), Te Kaha O Te Rangatahi Trust, Emerge Aotearoa, Youthline, the Human Rights Commission and Bullying-Free NZ Week.

## Pink Shirt Day in NZ

Pink Shirt Day aims to reduce bullying in schools by celebrating diversity in all its forms and supporting schools to be safe, supportive, welcoming and inclusive of all students. While all young people can be the target of bullying, some groups or individuals experience more bullying than others. These are often young people that are perceived as different in some



way from the mainstream, "majority culture" of the school, and can be targeted as a result.

Lesbian, gay, bisexual, transgender, queer, intersex, asexual, plus (LGBTQIA+) young people experience high levels of bullying at school. Pink Shirt Day started because students wanted to stop homophobic, biphobic and transphobic bullying in their school, and this remains a strong focus of Pink Shirt Day in Aotearoa, New Zealand.

"Being a part of a national movement towards positive change is such a powerful feeling. That we are all working towards making young people feel safe and good about who they are, right across New Zealand."

## FACT SHEET #1

“Pink Shirt Day speaks up for those who don’t yet have the courage to do so. Reminding people they aren’t alone and there are people out there trying to make a change, is a huge thing.”

### Why reduce bullying?

Many studies show that young people who are bullied are more likely to experience mental health issues, such as depression, anxiety and even suicidal thoughts. This can impact their learning, relationships and their ability to feel good about who they are, leading to ongoing poor mental health and wellbeing. By taking bullying seriously and working towards a school culture that supports and celebrates the diversity of all students, young people can feel safe and supported, and flourish at school.



### What do we mean by LGBTQIA+?

LGBTQIA+ stands for lesbian, gay, bisexual, transgender, queer, intersex, asexual or other sexuality and gender diverse identities. It’s important to note the ‘+’ in this acronym acknowledges anyone that does not identify with these terms (Te Kete Ipurangi, 2018).

We understand the language and definitions are constantly evolving. There are many different cultural understandings and terms for sexuality and gender diversity such as takatāpui, whakawāhine, and tangata ira tāne (Māori), hijra (Bengali), fa’afafine (Samoan), and fakaleiti (Tongan).

“Bullying and discrimination can make you believe who you are is wrong, which can lead to anxiety, depression, self-harm and more.”



# About Bullying

“Kids today can’t just shut the door. They’re still getting messages on their phones or Facebook, and sometimes they feel that there’s no escape.”

## What is bullying?

It isn’t uncommon to hear someone say something insensitive or mean to someone else. In fact, probably all of us have said or done something that wasn’t very nice to someone else, in a moment of anger or frustration. And although such comments or actions are not okay, bullying has some specific features that make it much more serious and harmful.

- Bullying is deliberate – harming another person intentionally
- Bullying involves a misuse of power in a relationship
- Bullying is usually not a one-off – it is repeated, or has the potential to be repeated over time
- Bullying involves behaviour that can cause harm – it is not a normal part of growing up ([Bullying-Free NZ Week website](#), 2017).

Bullying can be:

- Physical – hitting, tripping up
- Verbal – insults, threats
- Social – spreading gossip or excluding people.

Cyberbullying is bullying online, via the internet, mobile phones and social media. It’s a common form of bullying, especially amongst young people (Steiner-Fox, 2016).



## Why do some people get bullied?

There is never a good reason for bullying. But, we know people are more likely to be bullied if they seem different from their peers in some way. This might include being clever or popular, differences in race, sexuality, gender identity, religion, disabilities and abilities, weight, height. That’s why it’s so important to celebrate diversity and embrace our differences – we aren’t all the same and that’s a great thing! ([Bullying-Free NZ Week website](#), 2017).

“I’m quite skinny, and I have really bright hair, and they just thought I’d be easy to pick on. They called me a freak, a loser, just lots of really mean things.”

## FACT SHEET #2

### Why do some people bully others?

Just as there are many reasons someone might experience bullying, there are also many reasons why someone might bully someone else:

- They feel unhappy
- They have been the target of bullying themselves
- They want to feel important or powerful
- They don't realise how their behaviour harms others
- They believe being different is a bad thing.

Labelling someone who bullies as a "bad person" isn't right or helpful. While the bullying behaviour isn't okay, someone who bullies others often needs our help and support too.

### Is bullying harmful?

- Studies show that young people who are bullied are more likely to develop mental health issues, such as depression and anxiety.
- Bullying that is particularly sustained, severe or intense may be linked to increased risk of suicidal thoughts and behaviours (Bullying Prevention Advisory Group, 2015).
- This can impact on their learning, relationships and ability to feel good about who they are, leading to poor mental health and wellbeing.
- Bullying harms the person being bullied, the person doing the bullying and can also harm those who witness it (bystanders).
- Young people who bully others, or are bullied (or both), are more likely to skip classes, drop out of school, and perform worse academically than schoolmates who have no conflict with their peers (OECD, 2015).

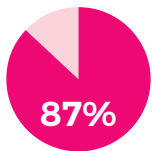




# Bullying Statistics

## BULLYING IS A PROBLEM FOR YOUNG PEOPLE

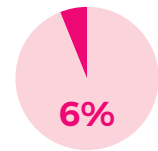
New Zealand has the second-highest rate of school bullying out of 51 countries (OECD, 2015).



While most secondary students **(87%) feel safe** at school all or most of the time...



...nearly **1 in 10** students have been **afraid** that someone would hurt or bother them in the past year ...



...and **6%** reported being **bullied** at school weekly or more often (Clark, 2013).



**4 out of 9**  
Year 9 students report experiencing bullying about weekly or monthly (Clark, 2013).



Just over a quarter of New Zealand 15-year olds report being bullied at least a few times a month (OECD, 2015).



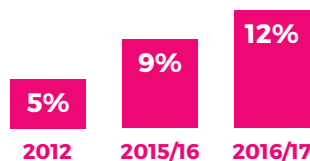
Just under 1 in 5 New Zealand students met the criteria for being described as frequently bullied (OECD, 2015).



Students aged between 9 and 18 reported that verbal abuse is the biggest bullying problem in schools (CensusAtSchool NZ, 2015).

**4x**

High school students who had been bullied weekly or more often were four times more likely to experience significant depressive symptoms than students who had been bullied infrequently or not at all (Clark, 2009).



The number of 15 to 24 year olds struggling with mental health issues has been steadily increasing (Ministry of Health, 2017).



The number of young people experiencing anxiety or depression has increased in the past year (Ministry of Health, 2017).



In the UK, school-based interventions to reduce bullying are estimated to result in £14.35 saved for each £1 spent (Campion, 2017).



## SOME YOUNG PEOPLE ARE MORE LIKELY TO BE TARGETED

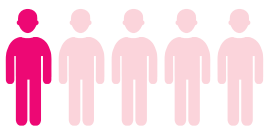
While all young people are potential targets of bullying, some groups can experience higher rates.

### Homophobic, biphobic and transphobic bullying

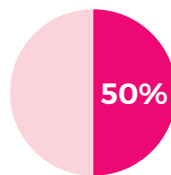
These terms refer to bullying based on a person's sexual orientation or gender identity. Young people who identify as LGBTQIA+, or are perceived to be part of the rainbow community, experience higher rates of bullying than students who do not. However, it is important to note that not all of these students will experience homophobic, biphobic or transphobic bullying.

LGBTI young people are resilient, have higher rates of volunteering and community engagement and are an important part of our community. Despite this, LGBTI young people are particularly vulnerable to experiencing homophobic, biphobic and transphobic bullying (Clark, 2013).

- The Youth12 national health and wellbeing survey of New Zealand secondary school students found:



Nearly one in five students who are same/both sex attracted, or are transgender or unsure of their gender identity, reported being bullied weekly at school, compared to 6% of their peers (Lucassen, 2014) and (Clark, 2014).



50% of transgender students had been hit or physically harmed on purpose in the last 12 months (Clark, 2014).



Four out of ten same/both-sex attracted students had been hit or physically harmed on purpose in the last 12 months (Lucassen, 2014).



Discrimination and social exclusion on the basis of sexuality or gender identity has been directly linked to an increased risk of depression, anxiety and suicidal thoughts for LGBTQIA+ young people (Adams, 2012).



The effects of homophobic and biphobic bullying at school can be lifelong, and can include lower educational attainment, lower income and lower wellbeing (Henrickson, 2008).



# Ideas and inspiration

Ending bullying takes more than one day and takes the commitment and energy of the whole school.

Bullying is a serious issue that all schools face. There are a whole range of things you can do to help make your school safe, supportive and respectful for all students. Creating a positive school culture and environment, free from bullying and where diversity in all its forms is celebrated, doesn't happen over the course of one day. Change takes time. We've provided ideas for what you can do on Pink Shirt Day, as well as throughout the year.



Pink Shirt Day is a great platform for engaging students in bullying prevention and supporting student-led initiatives and actions (there's even a Pink Shirt Day student toolkit!).

## FOR PINK SHIRT DAY, FRIDAY 18 MAY

- Get the whole school on board with a big Pink Shirt Day event full of fun and inspirational activities, raising awareness about bullying and its impacts, and empowering people to take action.
- Each school has its own unique culture as well as rules about what kinds of activities are okay to do. Pick an activity from the list provided or get creative and come up with your own activities that will work for your school!
- If your school has something else happening on 18 May, like exams or a teacher-only day, no problem, you can hold your Pink Shirt Day on any day that suits your school.
- On the day, post pics on Instagram or Facebook using #pinkshirtdaynz and join the movement.
- Pink Shirt Day is held during [Bullying-Free NZ Week](#), an annual event and an opportunity for schools and their communities to raise awareness and promote a safe and inclusive learning environment!

Order your free Pink Shirt Day 'Event Pack' with posters and balloons from our '[Swag](#)'. We have stickers available to order too!

## FACT SHEET #4

### BRING YOUR PINK SHIRT DAY EVENT TO LIFE WITH THESE ACTIVITIES

#### Sea of pink - mufti day

Imagine everyone in your school wearing pink for a day, creating a sea of colour. What a powerful statement that would be about how your school is committed to stopping bullying! Your school could have a pink mufti day with students and teachers wearing as much pink as they can. People can buy official Pink Shirt Day t-shirts from [Mr Vintage](#) (find them under 'collections'/'charities'), but any pink clothes will do. You can also download our brand new Pink Shirt Day [stencil](#) and create your own Pink Shirt Day t-shirts! Get together with friends and get creative.

#### Spread the love

Create a 'compliments box' for your staff room, classroom or team, and encourage people to leave little compliments for each other, and make everyone's day! Create your own compliments by cutting out heart shapes with kind phrases or order some compliment stickers from our [online shop](#). Hand them out to students and staff. Encourage people to leave kind and thoughtful messages for each other on social media. Some schools encourage all people at school and at home to do random acts of kindness for people, e.g. open a door or offer to help.

#### Celebrate rainbow students (and teachers)

Chalk or paint rainbows on the footpath, or have rainbow stickers/flags, to show you are a safe and welcoming school for rainbow students, families and whānau. Invite your local LGBTQIA+ youth group to speak at an assembly, or put up posters for their group.

“Pink Shirt Day reminds me that every day we have the opportunity to do something kind to someone else.”



#### Assembly, class and staff presentations

Open up conversations about bullying by talking about Pink Shirt Day and what it stands for. Talk about the importance of being accepting of difference and how important it is to create a school environment where everyone can flourish. Explore the definition of bullying (use the fact sheets in this toolkit to support you), or with younger students explore the difference between bullying and being a friend. Incorporate anti-bullying messages in Year 7/8 health topic or have Pink Shirt Day related activities in form time.

What about an 'Appreciation Post Day', encouraging students to be accepting, appreciative and kind on social media? The [Bullying-Free NZ Week](#) activity pack is a great source of ideas for the classroom too.

#### Create a 'Join the movement' Pink Shirt Day pledge

Ask everyone (students, teachers, the whole classroom, community members, parents, whānau and teachers) to join the movement by adding their name/hand print and commitment to creating a bullying-free environment. Display it and share it!

#### Proud to be me

Help people express themselves and what they're most proud of. Use a white board or paper and markers. Make it part of a pink photo booth. Display the photos or share online with #pinkshirtdaynz and #proudtobeme.

## FACT SHEET #4

### Pink Shirt Day Awards

Recognise students (and teachers!) who express the values of Pink Shirt Day. Order a free 'School Awards Pack' of awards certificates or print out the [certificate and awards](#) guide from the [Swag](#) page.

### Get active online

Follow us on Instagram or Twitter and change your profile pic on Facebook to our Pink Shirt Day logo (download from the [Swag](#)) or our Facebook frame. Share videos, photos and selfies of your school getting involved in Pink Shirt Day. Remember to use #pinkshirtdaynz!

### Get sporty

Get the school sports teams or your local sports club involved. Provide pink socks or t-shirts and take the message to the field.

### Engage parents/caregivers/whānau and the wider community

It's really important that parents and whānau have an awareness and understanding of bullying and its impact on young people's mental health and wellbeing. Share some of the Pink Shirt Day 'Fact Sheets' with parents or whānau, or write an article for the school newsletter, or send a letter home with students that talks about Pink Shirt Day (we've developed a [template letter](#) and [sample newsletter content](#) to make it easy).



"I am extremely proud of my ability to celebrate people's differences and my drive and willingness to help and support those who need it most."

### Use books we've reviewed in your classroom

Our list of kids' books which focus on topics such as anxiety, bullying, feeling different and resiliency are a great resource you can tap into. The books have been reviewed by librarians, parents, children, Mental Health Foundation staff and Constable Bryan and Bobby (who run a regular library group for kids). Check out the books and the reviews on our new [Information Hub](#). You could introduce some books as part of a topic or subject, or use these in your home room. Plus, our [Information Hub](#) will tell you if any of the books you're interested in are available at your nearest library! We update our book review section regularly.

"A school filled with students who do acts of kindness and respect and support one another regardless of their gender identity or sexual orientation means peace and happiness. I am proud to say that our school is understanding of everyone."

## FACT SHEET #4

### THINGS TO DO ALL YEAR-ROUND

#### Take issues of bullying seriously

If someone confides in you that they are being bullied, take it seriously and let them know that you care and that you will help make it stop. Refer to your school's policy for guidance on the steps to take.

#### Organise professional development for staff

A 2013 Victoria University study found fewer than half of the teachers and senior staff surveyed had attended training for anti-bullying programmes, and a large number said the training was some time ago (Green, 2013). Building the skills and knowledge of educators is also important for making schools safe and productive for LGBTQIA+ students.

- The PPTA 'Safer Schools for All' Teacher professional learning and development (PLD) is an interactive workshop designed to cater for all teachers and is aimed at increasing awareness of LGBTQIA+ identities and issues while providing suggestions to create inclusive and accepting classrooms and schools for all students. Head to the [PPTA website](#) for more information and resources or [email them](#).
- The [Bullying-Free NZ Week bullying prevention PLD](#) is a set of 10 workshops to support schools develop or review their policies.

#### Talk to parents/caregivers/whānau about bullying and help them understand

Bullying-Free NZ has developed '[Tackling bullying - a guide for parents and whānau](#)' which helps parents, whānau and schools to address bullying behaviour together.



#### Start a Rainbow Diversity Group

Sometimes known as Queer Straight Alliances or Gay Straight Alliances, Rainbow Diversity Groups are student-led groups or clubs that provide a safe and supportive environment for students of diverse sexualities, sexes, genders and their allies, where supportive relationships can be built with peers and teachers. These groups can also take an active role in preventing bullying within the school. Check out the [InsideOUT](#) website for a resource pack including great tips for starting a group, what to do in a group, facilitation tips, information for staff, examples of other groups and lots more.

#### Make the most of the All Right? Sparklers programme

Created by All Right?, [Sparklers](#) is an online wellbeing toolkit full of 36 activities proven to help Year 1-8 kids feel calmer, happier and more ready to learn. Each activity in the toolkit, which is designed for teachers and educators, takes between 10 minutes to one hour, and cover topics such as tummy breathing and kindness.

“Being a queer person means being outnumbered and often misrepresented in society. But strengthening organisations [like QSAs] at schools and in communities is showing the world that our sexualities and gender identities are all just a little different, and that we can definitely express these without feeling ashamed of ourselves.”

## FACT SHEET #4

### Display the 'Getting Help and Advice' Fact Sheet around your school

Support students to get further advice about bullying by displaying our [Fact Sheet](#) of key helplines on notice boards and in common areas, etc.

### Develop/review and promote your bullying prevention and response policy

A school policy helps everyone have a shared understanding. If developing or reviewing policy, check it is written in a way that students and whānau can easily understand. Even better, provide an opportunity for the school community to have input into the policy, such as raising the bullying policy at the next community meeting/hui/talanoa, so parents, whānau and the community can comment on and add to what is already existing within the school. The [Bullying-Free NZ Week website](#) offers practical tools for developing or revising policies, including staff PLD. And remember to use Pink Shirt Day 2018 as an opportunity to promote the policy widely. The Bullying-Free NZ Week website also has many [classroom activities](#) that schools can run any time of the year.

### Pause, Breathe, Smile

Help your students be mindful and increase their focus and attention! [Pause, Breathe, Smile](#) is an 8-week programme which teaches students mindfulness. It's New Zealand's only locally-developed, evidence-based mindfulness in schools programme and it's taught in 200 schools around the country.

### Celebrate diversity & make your school safe and inclusive for students of diverse sexualities and gender identities

The PPTA's school guidelines for ['Affirming diversity of sexualities and gender identities in the school community'](#) is a resource for principals, boards of trustees and teachers. It outlines not only the school's legal and ethical obligations, but also provides practical advice on how affirming diversity can be achieved.

RainbowYOUTH's [Inside Out](#) is a set of video and lesson resources designed to increase understanding and support of sex, gender and sexuality diversity in schools. It aims to decrease homophobic, biphobic and transphobic bullying. It supports educators by providing videos that share powerful youth voices and learning materials to help students learn about the experiences of LGBTQIA+ young people, and to help produce schools that celebrate diversity.

### RainbowYOUTH's "if it's not gay, it's not gay"

In 2017, RainbowYOUTH ran their very first national ad campaign, "[if it's not gay, it's not gay](#)". It addresses the importance of inclusive language and addresses something small that contributes to much larger issues – homophobia, biphobia and transphobia.

### Build young people's social and emotional skills

"When students are able to manage their emotions, develop positive relationships, make responsible decisions and handle challenging situations, bullying is less likely to flourish" (ReachOUT, 2018). You can focus on building students' social and emotional skills with these programmes:

The [Peace Foundation's school programmes](#) raise awareness of conflict and conflict responses and empower individuals to make positive choices for building successful relationships, and grow respectful, global citizens who value diversity and human rights.

The [Positive Behaviour for Learning \(PB4L\) Restorative Practice](#) model focuses on building and maintaining positive, respectful relationships across the school community and offers best-practice tools and techniques to support a consistent and sustainable approach.





# Fundraising

It's a huge boost to our campaign when schools fundraise to support Pink Shirt Day! Every dollar raised helps us to grow the Pink Shirt Day movement to be even bigger the following year. Fundraising can be easy and comes in many different forms – just look at this list of fundraising options!

## Sea of pink - mufti day

Imagine everyone in your school wearing pink for a day, creating a sea of colour. What a powerful statement that would be about how your school is committed to stopping bullying!

Your school could have a pink mufti day with students and teachers wearing as much pink as they can. People can buy official Pink Shirt Day t-shirts from [Mr Vintage](#) (find them under 'collections'/'charities'), but any pink clothes will do. Have a look around in your local op-shop, dye some of your current clothes pink or download our [Pink Shirt Day stencil](#) and make your own t-shirt! Get together with friends and get creative! Collect gold coin donations on the day.

## Taste the sweetness of pink

Hold a bake sale full of sweet pink treats! Some schools in the past have even used candy floss machines to get even more pink sweetness into the day. Sell your sweet treats for a gold coin donation.

## Stick it to bullying

Provide [Pink Shirt Day stickers](#) for a gold coin donation.

## Ordering resources

Order your free Pink Shirt Day 'Event Pack' with posters and balloons from our [Swag](#).

## How to donate

If you've held a fundraiser, visit our Pink Shirt Day fundraising page to make your donation [www.pinkshirtday.org.nz/fundraise](http://www.pinkshirtday.org.nz/fundraise).





# Getting Help & Advice

## Talk to someone

**1737 - Need to talk?** Free call or text 1737 any time for support from a trained counsellor.

**Youthline** – 0800 37 66 33, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) for young people, and their parents, whānau and friends.

**What's Up** – 0800 942 8787 (0800 WHATSUP), [www.whatsup.co.nz](http://www.whatsup.co.nz) for 5-18 year olds. Phone counselling is available Mon-Fri 12pm-11pm and Sat-Sun 3pm-11pm. Online chat is available 7pm-10pm daily.

**Kidsline** – 0800 54 37 54 (0800 KIDSLINE) for children up to 14 years of age. Available 24/7. Between 4-9pm calls are answered by specially trained Year 12 & 13 students.

**Samaritans** – 0800 726 666 for confidential support to anyone who is lonely or in emotional distress 24 hours a day, 365 days a year.

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO) for people in distress, and people who are worried about someone else.

## Get support online

**thelowdown.co.nz** – visit the [website](http://www.thelowdown.co.nz) or free text 5626 support for young people experiencing depression or anxiety.

**Common Ground** – [www.commonground.org.nz](http://www.commonground.org.nz) for advice about supporting a friend or classmate.

**Netsafe** – [www.netsafe.org.nz](http://www.netsafe.org.nz) for advice on how to stay safe online or call 0508 638 723.

## Find support around sexuality or gender identity

**OUTLine NZ** – 0800 688 5463 (0800 OUTLINE), [www.outline.org.nz](http://www.outline.org.nz) for lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available Monday to Friday, 9am-9pm, and weekends/holidays 6pm-9pm.

**RainbowYOUTH** – [info@ry.org.nz](mailto:info@ry.org.nz), [www.facebook.com/rainbowyouth](http://www.facebook.com/rainbowyouth),  
Twitter: [@RainbowYOUTH](https://twitter.com/RainbowYOUTH), Instagram: [rainbowyouth](https://www.instagram.com/rainbowyouth)  
offers support for young queer and gender diverse people up to the ages of 28.

**InsideOUT** – [hello@insideout.org.nz](mailto:hello@insideout.org.nz), [www.facebook.com/insideoutkoaro/](http://www.facebook.com/insideoutkoaro/),  
Twitter: [@insideoutnz](https://twitter.com/insideoutnz), Instagram: [@insideoutaotearoa](https://www.instagram.com/insideoutaotearoa)  
works to make Aotearoa a safer place for all young people of diverse genders, sexes and sexualities.





# Our Partners

Pink Shirt Day is led by the Mental Health Foundation with support from The Peace Foundation, RainbowYOUTH, InsideOUT, New Zealand Post Primary Teachers' Association (PPTA), Auckland District Health Board Peer Sexuality Support Programme (PSSP), Youthline, Te Kaha O Te Rangatahi Trust, Emerge Aotearoa, the Human Rights Commission and Bullying-Free NZ Week.

**The Human Rights Commission** – the Human Rights Commission works for a free, fair, safe and just New Zealand, where diversity is valued and human dignity and rights are respected. Their purpose is to promote and protect the human rights of all people in Aotearoa.

**The Peace Foundation** – a not for profit organisation working to build peaceful relationships among people of all ages and cultures, from personal to global through education, research and action.

**RainbowYOUTH** – a charity that supports queer and gender diverse youth in Aotearoa.

**Te Kaha O Te Rangatahi Trust** – a Māori community based youth provider delivering sexual health and teenage pregnancy services to young Māori and Pacific Island rangatahi (youth) and their whānau within the Counties Manukau, Central, North and West Auckland areas.

**InsideOUT** – a national organisation which works to make Aotearoa a safer place for all young people of minority sexualities, sexes and genders to live and be in.

**New Zealand Post Primary Teachers' Association (PPTA)** – the professional association and union of teachers and principals committed to improving secondary education for New Zealand students.

**Auckland District Health Board Peer Sexuality Support Programme (PSSP)** – a school-based programme delivered in the Auckland region, helping students to make informed decisions about their own sexual health. PSSP aims to formalise already existing networks through training students to work in a support and referral role with their peers.

**Youthline** – a collaboration of youth development organisations across the country. Youthline works with young people, their families and those supporting young people. At the core of their work is the development of leadership and personal skills in young people.

**Emerge Aotearoa** – provides a wide range of community-based mental health, addiction, disability support and social housing services nationwide.

**Bullying-Free NZ** (May 14–18) is a week-long opportunity to raise awareness of bullying behaviour and promote what schools are doing to become a Bullying-Free NZ School. It is an initiative of the cross-sector Bullying Prevention Advisory Group, a collaboration of 18 organisations with representatives from the education, health, justice and social sectors.

# Bullying-Free NZ Week

14–18 May 2018

Let's

TALK

about it!

## Make your school a Bullying-Free NZ School

New Zealand's annual nationwide Bullying-Free NZ Week starts on Monday 14 May, ending on the Mental Health Foundation's Pink Shirt Day, Friday 18 May.

**Bullying-Free NZ Week** is an important week in the school calendar. The whole school community uses it as an opportunity to refocus minds on the important message that bullying of all kinds is wrong. Schools can take part in a range of fun and easy bullying prevention-themed activities and take the opportunity to review their policy and practice.

It's really important students talk about bullying—they're the experts in knowing what it's like to be bullied today and the best way to support them.

**Free resources to start talking about bullying and share ideas are available at [www.BullyingFree.NZ](http://www.BullyingFree.NZ)**



### Create a student advisory group



Plan activities for Bullying-Free NZ Week with a group of students to get everyone involved.

### Review your school's policies



Ask students to review your bullying prevention policies and look at how you can make sure students' voices are heard.

### Use a slogan



Use the official Bullying-Free NZ Week slogan "Let's Talk About It!", or come up with your own.

### Share the knowledge



Encourage students to share their bullying prevention ideas in assemblies or lessons.



## Enter the 2018 Bullying-Free NZ Week competition

Students can make a short film, compose a song, create a rap, write a story or poem, or make a PowerPoint presentation.

Three age groups: junior, intermediate, and senior.

**Award-winning schools will each receive \$500 worth of resources of their choice.** Check out last year's winners at [www.BullyingFree.nz](http://www.BullyingFree.nz)

For more information, activity ideas and free resources visit [www.BullyingFree.nz](http://www.BullyingFree.nz) or email [info@BullyingFree.nz](mailto:info@BullyingFree.nz)

bullyingfreenz



WEEK 14-18 MAY 2018

# Bibliography

- Adams, J., Dickinson, P., & Asiasiga, L. (2012). Mental health promotion and prevention services to gay, lesbian, bisexual, transgender and intersex populations in New Zealand: Needs assessment report. Te Pou o Te Whakaaro Nui. Retrieved from <http://www.tepou.co.nz/resources/mental-health-promotion-and-preventionservices-to-gay-lesbian-bisexualtransgender-and-intersex-populations-innew-zealand-needs-assessment-report/324>
- Bullying Prevention Advisory Group. (2015). Bullying prevention and response: A guide for schools. Bullying Prevention Advisory Group. Retrieved from <http://www.education.govt.nz/assets/Documents/School/Bullying-prevention/MOEBullyingGuide2015Web.pdf>
- Bullying-Free NZ Week (2015) – News. Retrieved from CensusAtSchool NZ: <http://new.censusatschool.org.nz/2015/06/12/verbal-abuse/>
- Campion, J., & Knapp, M. (2017). The economic case for improved coverage of public mental health interventions. Retrieved from [http://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(17\)30433-9/abstract](http://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(17)30433-9/abstract)
- Clark, T. Fleming, T., Bullen, P., Denny, S., Crengle, S., Dyson, B., Fortune, S., Lucassen, M., Peiris-John, R., Robinson, E., Rossen, F., Sheridan, J., Teevale, T., Utter, J. (2013). Youth'12 Overview: The health and wellbeing of New Zealand secondary school students in 2012. Auckland: The University of Auckland. Retrieved from <https://www.fmhs.auckland.ac.nz/assets/fmhs/faculty/ahrg/docs/2012-overview.pdf>
- Clark, T.C., Robinson, E., Crengle, S., Grant, S., Galbreath, R.A., & Sykora, J. (2009). Youth'07: The Health and Wellbeing of Secondary School Students in New Zealand. Findings on Young People and Violence. Auckland: The University of Auckland
- Clark, T.C., Lucassen, M.F.G., Bullen P., Denny, S.J., Fleming, T.M., Robinson, E.M., & Rossen, F.V. (2014). The health and well-being of transgender high school students: Results from the New Zealand Adolescent Health Survey (Youth'12). Journal of Adolescent Health, 55, 93-99. Retrieved from: [http://www.jahonline.org/article/S1054-139X\(13\)00753-2/pdf](http://www.jahonline.org/article/S1054-139X(13)00753-2/pdf)
- Green, V., Harcourt, S., Mattioni, L. & Prior, T. (2013). Bullying in New Zealand schools: A final report. Wellington: Victoria University.
- Henrickson, M. (2008). "You Have to Be Strong to Be Gay": Bullying and Educational Attainment in LGB New Zealanders. Journal of Gay & Lesbian Social Services, 19(3-4), 67- 85.
- Lucassen, M., Clark, T., Moselen, E., Robinson, E., & The Adolescent Health Research Group (2014). Youth'12 The Health and Wellbeing of Secondary School Students in New Zealand: Results for Young People Attracted to the Same Sex or Both Sexes. Auckland: The University of Auckland. Retrieved from The University of Auckland: <https://www.fmhs.auckland.ac.nz/assets/fmhs/faculty/ahrg/docs/Youth'12%20Young%20People%20Attracted%20to%20the%20Same%20or%20Both%20Sexes%20Report.pdf>
- Ministry of Health (2016). Tier 1 statistics 2016/17: New Zealand Health Survey. Retrieved from <https://www.health.govt.nz/publication/tier-1-statistics-2016-17-new-zealand-health-survey>
- OECD (2017). PISA 2015 Results (Volume III): Students' Well-being. Retrieved from [http://www.keepeek.com/Digital-Asset-Management/oece/education/pisa-2015-results-volume-iii\\_9789264273856-en#/WPemLvmGMUE#page1](http://www.keepeek.com/Digital-Asset-Management/oece/education/pisa-2015-results-volume-iii_9789264273856-en#/WPemLvmGMUE#page1)
- Steiner-Fox, H. W., Dutt, S. J., Christiansen, S. J., Newton, H. J., Matika, C. M., Lindsay, C., Sare, M. H., Kapeli, S. A., & Stronge, S. (2016). Rates of cyberbullying among women and men in New Zealand in 2015. NZAVS Policy Brief, 3.)