

# We've joined the **Pink Shirt Day** movement!

Karaka School has joined the Pink Shirt Day movement to Speak Up, Stand Together and Stop Bullying! On **Friday 17 May** we're going **pink** to show our commitment to creating a school environment that is safe, welcoming and inclusive of all students. New Zealand has some of the highest rates of bullying in schools in the world but there's no room for it here at Karaka School!

We'll be celebrating Pink Shirt Day by holding a **pink shirt** breakfast for our community to show our commitment to making our school and NZ bully free. We encourage everyone to wear a pink shirt to the breakfast and all our students to wear a **pink shirt** to school on the day too. Be creative and add a pink wig or tutu too! A gold coin donation would be appreciated as proceeds will go to Bullying Free NZ. Tickets for the breakfast are available at the office from Monday May 6th and after school until Tuesday 14 May. Tickets cost \$5 per person. Help us to make a stand against bullying and join us for breakfast!

## **About Pink Shirt Day**

Pink Shirt Day is a national anti-bullying campaign led by the Mental Health Foundation. 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. Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying after a new Year 10 student was harassed and threatened for wearing pink.

## **Why reduce bullying?**

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.

Many studies show that young people who are bullied are more likely to experience mental health issues, such as depression and anxiety. This can impact their learning, relationships and their ability to feel good about who they are, leading to ongoing poor mental health and wellbeing.

## **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
- Involves a misuse of power in a relationship
- Not a one-off – it is repeated, or has the potential to be repeated over time
- Involves behaviour that can cause harm – it is not a normal part of growing up.

Bullying can be:

- Physical – hitting, tripping up
- Verbal – insults, threats
- Social – spreading gossip or excluding people.
- Cyberbullying - bullying online, via the internet, mobile phones and social media. It's a common form of bullying, especially amongst young people.

You can find out more and purchase an official T-Shirt by visiting this [Link to the Pink Shirt Website](#)