

Pink Shirt Day; Anti-Bullying February 23rd 2022

Anti-Bullying Day is a day when people wear a pink shirt to Symbolize a stand against bullying.

Pink Shirt Day began in Canada in 2007 when two students took a stand against homophobic bullying after a grade nine student was harassed and threatened for wearing pink. These students 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. Within a week schools throughout Nova Scotia were wearing pink shirts. The next week schools throughout Canada took note of the movement and began to take part by wearing pink shirts. Within a month, schools all over the world noticed this act of solidarity and kindness, and took part in the movement. Pink Shirt Day continues to be acknowledged each year on February 23rd.

Pink Shirt Day aims to reduce bullying by celebrating diversity in all its forms and supporting workplaces, communities and schools to be safe, supportive, welcoming and inclusive of all people. While all people can be the target of bullying, some groups or individuals experience more bullying than others do. Lesbian, gay, bisexual, transgender, queer, intersex, asexual and other sexuality and gender diverse identities (LGBTQIA+) people experience higher levels of bullying.

Bullying can have serious and ongoing impacts on people's mental health and wellbeing. Many studies that show that people who are bullied are more likely to experience mental health issues, such as depression, anxiety and even suicidal thoughts. As with any health condition, mental health problems can affect a person's work and cause substantial costs to organizations. For workplaces, it is their legal responsibility under the Health and Safety at Work Act 2015 to manage risks to mental health and wellbeing just as they do any other health and safety risk. Big or small, everyone can do their part. Please join the EDI committee in acknowledging Pink shirt day. For more information on how to get involved, please visit <https://www.pinkshirtday.ca/get-involved>.

Please click [here](#) to watch a video from the International School of Panama on Pink shirt day.

