

GUIDE TO BRINGING #DAY1 BULLYING PREVENTION TOOLKIT TO YOUR MIDDLE & HIGH SCHOOL

Bringing #Day1 to your school is pretty easy to do. All it takes is some conversations and a willingness to be an upstander for your community!



HERE ARE A FEW SIMPLE STEPS TO GET YOU STARTED:

- **Find a teacher/staff member/administrator in your school who is interested in bullying prevention** and who you can identify as someone who open to new ideas and willing to help you internally.
- **Talk with your current or former teacher/counselor/coach/principal.**
 - Ask that leader to use #Day1 in their classroom/program. #Day1 can be done by individual classrooms even if the rest of the school is not using #Day1.
- **Talk with your Student Government, Positivity Committee, sports team, Boys and Girls Club, gay-straight alliance, church youth group, or any other group** to take on #Day1. All it takes is one group to commit and #Day1 can be across your community!
- **Talk to the head of your PTA, PTO, or comparable parent organization.**
 - Have a meeting with them or the board to talk about #Day1 or ask to speak about #Day1 at their next meeting to promote #Day1 and drum up interest for the program.
- **If you'd like ask your parent/guardian or another adult in the school to help with these conversations.** You could even team up with friends!
- **Go to your local School Board meeting and speak about #Day1 in the public comments section.** You can also do this for City Councils or Parks and Recreation committees if you are interested in your city or local sports teams using #Day1. They will ALWAYS love to have students taking initiative.
- **Use one of our sample letters to write to anyone you would like to support #Day1.** You can use it word for word or as a template to make your own!

JOIN THE CONVERSATION  TylerClementi.org •  @tylerclementi •  /TheTylerClementiFoundation
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WHAT DO YOU SAY?

- **Talk to these community leaders and state your concerns about bullying and harassment in your district.**
- **When possible/comfortable use personal experiences with bullying that have occurred in the district.**
 - If not available, demonstrate the need for prevention by talking about the negative affects of bullying.
 - You can find the statistics at <https://tylerclementi.org/bullying-stats> or stopbullying.gov
- **Mention how it is free, simple and effective.**
- **Ask the people you talk with to:**
 - Use Day1 as soon as possible in their school/group/district
 - Be an Upstander for #Day1 and help promote #Day1 internally in the district.
 - Provide feedback/pics/videos of #Day1 in action in your community!



WHAT DO YOU DO?

- **Print off the #Day1 toolkit of your choice for whomever you speak with and ask for support. Find them all at <https://tylerclementi.org/day1>**
- **Show our #Day1 videos as well!** Want to see what others have done? Check them out here: <https://tylerclementi.org/day1-works>
- **If you are a mentor or volunteer that works with younger children, consider using #Day1 in your work or ask your program coordinator if it can be taken on.**
- **Show off how you are an upstander or how your friends are upstanders!** We love getting videos, pictures, and projects that show how you Stand Up and Stand Out! Get creative and you can be featured on our social media page!

NEED HELP? Find resources to prevent bullying, respond to bullying or find additional support at [TylerClementi.org/resources](https://tylerclementi.org/resources)



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