

From humble beginnings supporting one bullied teenager in Nova Scotia, to helping thousands of youth in Canada.

## Bullying is a major problem in our schools, workplaces, homes, and over the Internet.

On **February 24, 2016** we encourage everyone to practice kindness, and wear a pink shirt, button, or pin to symbolize that you do not tolerate bullying. While we wish we could take credit for this idea, Pink Shirt Day has its roots in Nova Scotia, started by two incredible high school students.

Here is a snippet of the Globe & Mail article that inspired Pink Shirt Day:



*“David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school. ‘I learned that two people can come up with an idea, run with it, and it can do wonders,’ says Mr. Price, 17, who organized the pink protest. ‘Finally, someone stood up for a weaker kid.’ So Mr. Shepherd and some others headed off to a discount store and bought 50 pink tank tops. They sent out messages to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. ‘It looked like a huge weight was lifted off his shoulders,’ Mr. Price recalled. The bullies were never heard from again.”*



Will you join in by wearing pink on **February 24, 2016**? Have you made an effort to practice kindness and acceptance towards both yourself and others?



**Kindness is universal** — a trait we encourage everyone to openly express every day. The phrase “one size fits all” works for one simple reason: it stands for inclusivity, both in clothing and in our everyday lives. We’re all gloriously different, but we all have the capacity to put kindness out into the world. “Kindness is one size fits all” is more than just a slogan. It’s the underlying philosophy behind the anti-bullying movement that we hope will live on beyond Pink Shirt Day. After all, kindness never goes out of style!

Bullying  
STOPS  
Here

# NoBullies.ca

Pink T-Shirt Day Society – Anti-Bullying Campaign