

Bullying Awareness Week

November 15 – 21, 2015

Be Inclusive. Be Kind. Be Respectful.

Bullying Awareness Week (BAW)

The goal of this annual event is to increase awareness around the importance of preventing bullying. To do so, we need to work together to create a civil society built on healthy and respectful relationships.

Promote Positivity and Post-It Forward!

Post-It Forward was inspired by the Post-It Notes movement that took place during Random Acts of Kindness Day.

Albertans are encouraged to Post-It Forward by writing an inclusive, kind and respectful message on a Post-It and putting it up in their school, workplace or community.

How Do I Participate?

Take a picture of your Post-It and share it on your social media network of choice, using the hashtags **#BullyFree** **#BAW2015** or **#PostItForward**.

There are events occurring each day of the week, focusing on promoting healthy relationships and preventing bullying.

Monday Nov. 16 – Youth Engagement

The John Humphrey Centre is challenging young people to share their thoughts on healthy relationships. Learn more at www.jhcentre.org.

Tuesday Nov. 17 – Schools

Schools are encouraged to set up a space where members of their community can post and share positive Post-It notes.

Wednesday Nov. 18 – Cyberbullying Webcast 10:00 a.m.

Panelists will be available to answer questions via live chat in this webcast about cyberbullying and online behaviours.

Tune in on November 18th and ask questions by going to: alberta.ca/bullying

Thursday Nov. 19 – Workplaces

Workplaces are encouraged to set up a space where employees can share positive Post-It notes.

Friday Nov. 20 – Communities

Communities are encouraged to share how they promote healthy relationships through events and local organizations.

Saturday Nov. 21 – Gay-Straight Alliances Conference

School communities are invited to find out more about creating and sustaining Gay-Straight Alliances at this Calgary conference. Visit ismss.ualberta.ca for more information.