

NO-NAME CALLING WEEK

JANUARY 18-22TH

No Name-Calling Week (NNCW) is a week organized by educators and students to end name-calling and bullying in schools.

This week targets harassment and bullying based on race, gender, ethnicity, religion, disability, or sexual orientation to ensure that students across the country feel safe to be themselves in schools.



Sticks and stones may break our bones, but names will break our spirit.

– The Misfits by James Howe



**CELEBRATE
KINDNESS**

I _____ believe that bullying and calling other students hurtful names is wrong. I pledge to do my best to:

- ✓ Not bully other students or call them hurtful names.
- ✓ Intervene, if I safely can, in situations where students are being called names.
- ✓ Support efforts to end bullying and name-calling.

If you are being called names or bullied, remember the four ways to stay SAFE:

SAY WHAT YOU FEEL: Tell the person who is bullying you or calling you names the way their actions make you feel.

ASK FOR HELP: Sometimes you can't handle the situation yourself, and it's ok to ask for help. Find a teacher or other school staff member to talk to.

FIND A FRIEND: Hanging out with people who make you feel good about yourself is important, and the person calling you names might think twice before picking on you when you're with your friends.

EXIT THE AREA: While it may feel like you aren't doing anything at all, sometimes walking away from someone who is picking on you is the best way to end things.

NATIONAL THANK YOU MONTH

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January celebrates the gift of gratitude! National Thank You Month encourages us to honor those who have changed our lives for the better.

This month, take the time to say thank you to those who matter in your life most. Tell someone you just met that you're thankful for what they did or take turns at home saying what you're most grateful for!

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“Kind words can be short and easy to speak, but their echoes are truly endless.”
—Mother Teresa

GRATITUDE LETTER

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Try writing a letter of gratitude to someone that you care about.



- Tell them what their presence in your life means to you.
- Describe a lesson you learned, a gift you received, or the inspiration you gained from knowing them.
- Let them know how they have changed your life for the better.

A decorative background featuring a light-colored wooden surface. In the top left corner, there are several sprigs of dried lavender. In the top right corner, there is a purple candle in a dark holder with a black cord. On the right side, there is a gold-colored pen.

Resources

Resources on Bullying and Harassment:
<https://www.stopbullying.gov/resources/get-help-now>

Positive note cards for peers:
<https://www.glsen.org/no-name-calling-week>

Gratitude Activities:
<https://positivepsychology.com/gratitude-exercises/>

Therapeutic Resources for Thank You Month:
<https://www.rcbm.net/behavioral-medicine/blog-detail/january-is-national-thank-you-month/>