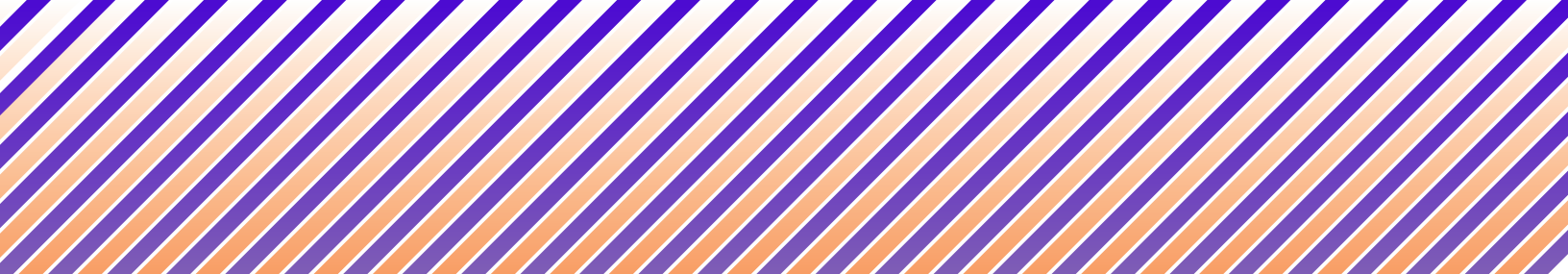


SPIRIT DAY

2020





SPIRIT DAY, OCTOBER 15

, is a day when millions of people wear the color purple to show their support for trans*, queer*, nonbinary, and same gender loving (TQNB+)¹ youth and unite against bullying. The name of the day and the color purple come from the Gilbert Baker Pride Flag, where the purple stripe represents the spirit of the TQNB+ community.² Spirit Day is the largest and most visible TQNB+ anti-bullying campaign in the world. On Spirit Day 2020 we invite you to:

- **START WITH SAFETY.** TQNB+ youth deserve places where they are physically, psychologically, and spiritually safe, and where their whole selves are affirmed and celebrated. Sometimes these are online. Help to create, amplify, and preserve safe spaces. Connect young people to them. Be a safe harbor. This saves lives.
- **BE AN UPSTANDER.** Bullying happens when we allow it to. Be an active accomplice by intervening and disrupting it. [Here's an example of what upstanding looks like.](#)
- **PRIORITIZE HEALING.** Bullying behavior stems from stress and trauma. As the saying goes, “hurt people hurt people.” When you see bullying, respond with firm and compassionate boundaries. For those who have been bullied, healing is life-saving work. Whether it’s therapy, breathwork, yoga, or a safe refuge, people who have been harmed need urgent, accessible, affordable healing opportunities. For those who bully, examine the [underlying mindsets](#) that allow this to happen and get help.

TQNB+ youth disproportionately face bullying and harassment³ because of their actual or perceived sexual orientations and/or gender identities. 70.1% of TQNB+ students report being verbally harassed⁴ and 53.3% say they do not report experiences of being bullied because they doubt someone will intervene.⁵ Black TQNB+⁶ youth face compounded bullying and harassment as anti-Blackness intersects with homophobia, transphobia, and other modes of discrimination (see transmisogynoir, for example). In addition, a higher number of TQNB+ youth of color report attempting suicide in recent years than white TQNB+ youth.⁷ TQNB+ youth shoulder a disproportionately high burden with regard to their mental health, and bullying is a key contributor. Ending bullying is crucial and pressing work. TQNB+ youth should not be in danger simply for being themselves.

1 TQNB+ stands for trans*, queer*, gender nonbinary, and same gender loving people, with the plus signalling a broader gender and sexuality expansive community. The asterisks signal that these are umbrella terms under which other identities live. Intersex people, because they are treated as biologically nonnormative with sometimes dire consequences, are also included in what the acronym represents: communities who face oppression due to identities that defy the gender/sexuality status quo.

2 [The Complete Guide to Queer Pride Flags](#)

3 Nearly half of Gen Z LGBTQ respondents to a Center for American Progress survey experienced discrimination at school.

4 [GLAAD](#)

5 [GLAAD](#)

6 44% of Black LGBTQ youth responded to a Trevor Project survey reporting they were seriously considering suicide in the past 12 months.

7 [GLAAD](#)



BULLYING IN SCHOOLS IS DIRECTLY RELATED TO SCHOOL CULTURES

that tolerate gender policing, identity-based social hierarchies, and the idea that children can be ranked and sorted. What our young people need, instead, is for schools to be safe and affirming. This is a prerequisite for optimal learning. Caring and concerned adults can work to change underlying cultures that make bullying likely, and can amplify and celebrate young people's uniqueness, heritages, and whole selves. Working to end bullying must be a top priority for all adults, especially teachers, staff, and school leaders.

Learning and development happen outside of school in local communities, too. We can increase our competence and compassion to make all the spaces TQNB+ youth occupy safe and supportive.

START BY PLEDGING TO “GO PURPLE” ON OCTOBER 15TH.

By wearing purple and sharing images of yourself on digital media, you can physically show that you stand in solidarity with, and will protect, TQNB+ youth—not only on Spirit Day, but every day of the year. Your solidarity might even inspire someone to “invite you in” to knowing them more fully. [Inviting in happens](#) when an TQNB+ person shares parts of themselves they might otherwise not with people who have demonstrated open-mindedness, trustworthiness, and compassion.

CALL TO ACTION:

- 1. Wear Purple on October 15, 2020**
- 2. Share images** of you going purple as well as videos talking about the importance of ending bullying and protecting Black TQNB+ youth by tagging [@NBJConTheMove](#) and using the hashtags [#SpiritDay](#) and [#ProtectTheBabies](#)
- 3. Sign the pledge** to take a stand against bullying at www.glaad.org/spiritday#why.



SPIRIT DAY 2020



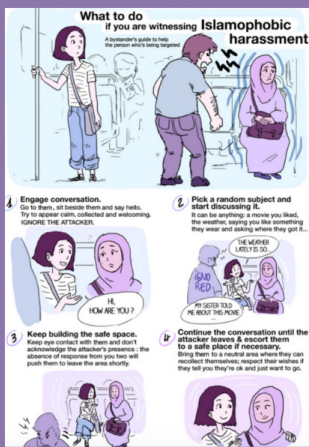
START WITH SAFETY

TQNB+ YOUTH DESERVE PLACES WHERE THEY ARE PHYSICALLY, PSYCHOLOGICALLY, AND SPIRITUALLY SAFE, AND WHERE THEIR WHOLE SELVES ARE AFFIRMED AND CELEBRATED. SOMETIMES THESE ARE ONLINE. HELP TO CREATE, AMPLIFY, AND PRESERVE SAFE SPACES. CONNECT YOUNG PEOPLE TO THEM. BE A SAFE HARBOR. THIS SAVES LIVES.



BE AN UPSTANDER.

BULLYING HAPPENS WHEN WE ALLOW IT TO. BE AN ACTIVE ACCOMPLICE BY INTERVENING AND DISRUPTING IT. HERE'S AN EXAMPLE OF WHAT UPSTANDING LOOKS LIKE.



PRIORITIZE HEALING

BULLYING BEHAVIOR STEMS FROM STRESS AND TRAUMA. AS THE SAYING GOES, "HURT PEOPLE HURT PEOPLE." WHEN YOU SEE BULLYING, RESPOND WITH FIRM AND COMPASSIONATE BOUNDARIES.

FOR THOSE WHO HAVE BEEN BULLIED, HEALING IS LIFE-SAVING WORK. WHETHER IT'S THERAPY, BREATHWORK, YOGA, OR A SAFE REFUGE, PEOPLE WHO HAVE BEEN HARMED NEED URGENT, ACCESSIBLE, AFFORDABLE HEALING OPPORTUNITIES.

FOR THOSE WHO BULLY, EXAMINE THE UNDERLYING MINDSETS THAT ALLOW THIS TO HAPPEN AND GET HELP.

