

SPIRIT DAY



National Black Justice Coalition
 NBJC.org

SPIRIT DAY

is the largest and most visible LGBTQ+ anti-bullying campaign in the world. It is day when millions of people wear the color purple to show their support for lesbian, gay, bisexual, transgender, queer+, and same-gender loving (LGBTQ+/SGL) youth and unite against bullying. The name “spirit day” and the color purple come from the Gilbert Baker Pride Flag, where the purple stripe represents the spirit of the LGBTQ+ community¹.

ON SPIRIT DAY, WE INVITE YOU TO:

1. PLEDGE TO “GO PURPLE” by wearing purple you can physically show that you stand in solidarity with LGBTQ+/SGL youth. Your solidarity might even inspire someone to “invite you in” to knowing them more fully. Inviting In acknowledges that it is essential for each of us to do the work required to to increase competence and demonstrate compassion such that everyone feels comfortable sharing important parts of who they are and how they show up in the world.

2. SHARE IMAGES of you going purple as well as videos talking about the importance of ending bullying and protecting Black LGBTQ+/SGL youth by tagging @NBJConTheMove on Twitter and Instagram and using the hashtags #SpiritDay and #ProtectTheBabies.

3. SIGN THE PLEDGE to take a stand against bullying [HERE](#).



¹ [The Complete Guide to Queer Pride Flags](#)



ENDING BULLYING IS CRUCIAL AND PRESSING WORK. LGBTQ+/SGL YOUTH SHOULD NOT BE IN DANGER SIMPLY FOR BEING THEMSELVES.

LGBTQ+ youth disproportionately face bullying and harassment because of their actual or perceived sexual orientation, gender identity or expression¹

- **80.1% of LGBTQ+ students** reported being verbally harassed in the past year² and 72.7% of victimized students said they did not report incidents of being bullied because they doubted someone would intervene even if they reported it³.
- **Black LGBTQ+/SGL⁴ youth face compounded bullying and harassment** as anti-Blackness intersects with homophobia, transphobia, and other modes of discrimination (i.e., transmisogynoir). In addition, a higher number of LGBTQ+/SGL youth of color reported attempting suicide in recent years than white LGBTQ+ youth⁵.



1 [The GLSEN 2019 National School Climate Survey](#) found that more than 8 in 10 LGBTQ students experienced harassment or assault at school

2 [The 2019 National School Climate Survey](#)

3 [The 2019 National School Climate Survey](#)

4 44% of Black LGBTQ youth responded to a Trevor Project survey, reporting they were seriously considering suicide in the past 12 months.

5 GLAAD

Prioritize Healing

For those who bully, examine the underlying mindsets that allow this to happen and seek support.



Start With Safety

- **Create, amplify, and preserve safe spaces.**
- **Connect young people to them.**
- **Be a safe harbor.**

Actions like this saves lives.



Start With Safety

TQNB+ youth deserve places where they are physically, psychologically, and spiritually safe; and where their whole selves are affirmed and celebrated.



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.



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