

#PINKSHIRTDAY

WHEN: February 26th is Pink Shirt Day!

WHAT: Pink Shirt Day raises awareness about the importance of promoting a supportive, kind, and accepting school, work, and home environment. Wear pink to support anti-bullying day on February 26th.

Other ways to be kind during the month of February:

- Hold the door for a stranger.
- Shovel your neighbour's sidewalk.
- Express gratitude to people in your life.
- Leave a kind note for your parents, teachers, friends, siblings, or spouse.
- Go in to visit the bank teller instead of using the ATM.

SIGNS OF BULLYING:

- Anxiety
- Low self-esteem
- Lack of interest in activities
- Changes in mood

WHO: Resources for those who are experiencing bullying

- FCSS Counselling Intake at 587-370-3728 (call or text)
- Kids help phone (a toll-free phone available for any youth) 1-800-668-6868
- Alberta bullying helpline 310-1818 (call or text)
- Mental Health hotline 1-877-303-2642
- Child abuse hotline 1-800-387-5437

FCSS offers many programs that can help prevent bullying as well as to support those who have experienced bullying, including free Counselling Services and programs that help support youth to make healthy transitions towards adulthood.

To learn about FCSS programs visit our website: www.fcss.ca



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