

# NATIONAL BULLYING PREVENTION MONTH

# ADVOCACY

Calendar • October 2024

Choosing to be kind to others and yourself can make the biggest difference. During the month of October, National Bullying Prevention Month, join us in spreading kindness to combat the effect that bullying has on our lives.

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>RMC</b> CHARITABLE <i>foundation</i>	1 Attend a volunteer opportunity in the community with your family	2 Research topics that are important to you	3 Speak up in class	4 Ask your teacher for help on an assignment you are struggling with	5 Set short-term and long-term goals for the school year
6 Start an advocacy club	7 Hold family meetings to discuss possible changes in routine and home rules	8 Create an advocacy poster to hang at home	9 Say hello to or start a conversation with someone who may look different than you	10 Attend a school resource fair	11 Support a friend	12 Set boundaries for yourself
13 Use social media responsibly	14 Join a school club that is making a difference in the community	15 Be a good influence to a younger sibling	16 Donate to a charity with a good cause	17 Write letters to your counselor or principal about changes you would like to see in your school	18 Speak out against unkind behaviors	19 Be an active listener
20 Support ethical brands	21 Lead by example	22 Share your needs and wants with others	23 Share ideas with others at school or home	24 Engage in open communication with peers	25 Listen and consider other perspectives without judgment	26 Celebrate diversity in your community
27 Attend school meetings (ex: PTA, school club) with a parent	28 Create a list of your strengths	29 Advocate for safe spaces in your school	30 Promote kindness within your community	31 Organize a fundraiser for a cause you support		

Grades K-6  
FREE Kindness Resources Available at  
**RMCCHARITY.ORG**