

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
	RMC CHARITABLE foundation	1 Attend a school board meeting	2 Research topics that are important to you	3 Speak up in class	4 Ask your teacher for help on an assignment or project	5 Start an advocacy podcast
6 Start an advocacy club	7 Write an op-ed in your local newspaper	8 Start an advocacy social media campaign	9 Create an advocacy poster	10 Attend a community meeting	11 Support a friend	12 Set boundaries for yourself
13 Use social media responsibly	14 Volunteer for a cause you are passionate about	15 Be a mentor to an individual	16 Promote inclusivity within your community	17 Write a letter to decision makers	18 Speak out against injustices	19 Be an active listener
20 Support ethical brands	21 Lead by example	22 Share your needs and wants with others	23 Share resources with others in your community	24 Engage in open communication	25 Listen to other's opinions without judgment	26 Celebrate diversity in your community
27 Attend school meetings (ex: PTA, school club)	28 Create a list of your strengths	29 Advocate for safe spaces in your community	30 Champion for the sustainable use of resources	31 Organize a fundraiser for a cause you support	<p>Grades 7-12th FREE Kindness Resources Available at RMCCHARITY.ORG</p>	