

I'M AGAINST BULLYING

#spiritday is 10.16

here's how you can support lgbt youth

pledge

Take the #spiritday pledge right now at glaad.org/spiritday and commit to wear purple on October 16th. Make sure you share your pledge on social media and encourage your friends to take it too



share

Get your community to participate. Ask local businesses and organizations to go purple, hold an event at your school on #spiritday, and reach out to local media outlets to cover an event for #spiritday. Check out more ideas in the #spiritday resource kit at glaad.org/spiritday



wear

On October 16th, wear purple and tell people why you're wearing purple. Share the history of the message and ask your friends to wear purple too in a stand against bullying



post

On October 16th, post a photo of yourself in your #spiritday purple to Facebook or Twitter. Turn your profile photos purple and update your social media sites with a message in support of #spiritday. Use glaad's tool or download the official #spiritday app here: glaad.org/spiritday



glaad  presents

#spiritday

10.16.2014

take a stand against bullying
go purple at glaad.org/spiritday