



PLEDGE

Take the #SpiritDay pledge right now at glaad.org/spiritday and commit to wear purple on October 20. Make sure you share your pledge on social media, and encourage your friends to take it too.



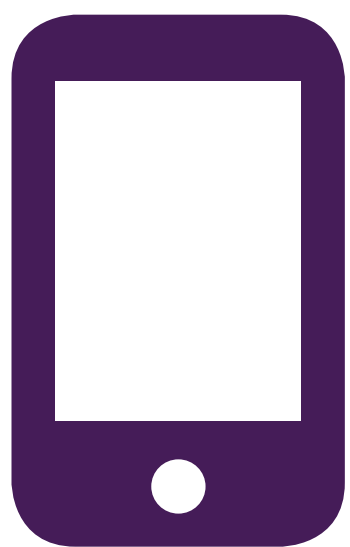
SHARE

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



WEAR

On October 20, wear purple and tell people why you're doing it. Share the history of the message, and ask friends to wear purple too to stand against bullying.



POST

Post a photo of yourself in #SpiritDay purple on social media. Turn your profile pictures purple and post updates with messages standing against bullying. You can use the official Spirit Day app for iPhone and Android to edit your photos.

glaad  presents

#SPIRITDAY

10.20.2016 GLAAD.ORG/SPIRITDAY