



Continuing the NTFT Message (Ways to Get Involved)

We encourage your school or workplace to continue to promote the “No Time for That” message, meaning: having no time for bullying. Below are some ideas of how you can continue to make a difference by getting involved:

1. Newsletters - include educational and empowering content in your school/organization’s newsletters related to NTFT

2. Announcements - include educational and empowering content in your daily announcements related to NTFT. A different person could join the announcements each day with a positive, inclusive and/or educational message or quote

3. Discussions - have regular classroom or workplace discussions about wellness, self-care, kindness, respect, inclusion etc. Check in on one another.

4. Projects - incorporate NTFT messages in classes or departments

- **Art:** create posters, drawings, or paintings about the NTFT topics such as bullying prevention, empowerment, confidence, mental health awareness, inclusion, kindness, etc. + put them up around the school or workplace, or collect donations
- **Biology:** learn about the connection between biology and bullying/mental health and wellness
- **Chemistry:** learn about the connection between chemistry and bullying/mental health and wellness
- **Cooking/Baking:** make meals that improve mental health and wellness, bake cupcakes or treats to have a fundraiser in support of NTFT
- **Drama/Film:** improv, skit, full production videos or plays about bullying prevention, mental health awareness, empowerment, kindness, inclusion, etc.

- **English:** written project related to NTFT topics, essay, research, poem, etc.
- **Events:** Put on fundraisers, wellness activities, Pride movie night, etc.
- **Graphic Design:** create graphics for social media to raise awareness for bullying and create a kind, safe, and inclusive online world
- **Gym/Health/Fitness:** talk about wellness, how bullying affects physical and mental health, and the connection between physical and mental health. Do exercises and activities that improve this
- **Law:** look into the legal consequences and processes regarding bullying cases, how can laws be improved to prevent bullying and better support victims etc.
- **Leadership:** create peer support groups, ensure that the #notimeforbullying message is being carried throughout school or workplace, help organize awareness and fundraising initiatives and events
- **PR/Marketing:** create campaigns such as a mental health self-care social media challenge, create newsletters, announcements, etc.
- **Math:** analyze patterns, statistics, and data about bullying and mental health
- **Music:** learn one of Elsie's songs or a relevant song about topics covered by NTFT like mental health or confidence, or write a song, put on benefit concert
- **Sewing/Fashion:** create clothing or accessories with positive and inspirational sayings or designs on them, donate portion of proceeds to NTFT
- **Woodworking/Metalworking:** create buddy benches with the option to paint them (with Pride colours for example) and set them up around the school, create signs with positive sayings, etc. that could also be sold to raise money for the charity

5. Fundraising - activities you can do and donate proceeds to support NTFT:

- Bake Sale
- Dance/Party
- Sports (Softball Tournament, Yoga class, Soccer game etc.)
- Benefit Concert or Karaoke Contest
- Movie Night
- Walk or Run
- Recycling or Bottle Drive
- Pink Day
- Themed Clothing Days (Pajama Day, Casual Fridays, etc.)

6. NTFT Club - create official NTFT Club; have weekly or monthly meetings or discussions where members can share their feelings and passions and receive support from peers/staff/colleagues. This Club will help incorporate our curriculum / presentations annually

7. Merchandise - order NTFT merchandise to share with students/staff/friends/family

8. Celebrate - recognize and celebrate everyone demonstrating leadership by standing up to bullying and stigma. Ex: pizza party, gift cards

9. NTFT Awards - send in your submission to win a NTFT Award (deadline TBD)

10. Social Media - follow us on social media **@ntftcanada** and tag us in posts that show you have **#notimeforbullying** so that we can engage with your content and share it!

11. Days - days you can plan awareness of fundraising campaigns around:

- **January** - Bell Let's Talk Day
- **February** - Valentine's Day, Random Acts of Kindness Day, Pink Shirt Day
- **April** - Day of Pink, Pay it Forward Day
- **May** - Mental Health Awareness Week, UN International Anti-Bullying Day, International Day Against Homophobia, Biphobia, Lesbophobia and Transphobia
- **June** - Pride, Great Canadian Giving Challenge
- **September** - Back to School, Suicide Prevention Day/Month
- **October** - Mental Illness Week, World Mental Health Day, Spirit Day
- **November** - World Kindness Day, Bullying Awareness and Prevention Week, Stand Up to Bullying Day, Giving Tuesday
- **December** - Year-End Giving

Thank you!