



# Health & Cultural Awareness Bulletin

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PROVIDED BY CSHCS HEALTH EQUITY WORKFORCE DEVELOPMENT TEAM

# Movember



Movember 2024, also known as Men's Health Awareness Month, is an annual global campaign that encourages men to grow mustaches and participate in various activities to raise awareness about men's health issues. This month-long event focuses on promoting physical and mental well-being among men, addressing issues such as prostate cancer, testicular cancer, mental health challenges, and suicide prevention. Movember provides a platform for men to discuss their health openly, seek support, and take proactive steps towards a healthier and happier life.

## **What is Movember?**

Movember is a month-long campaign that encourages men to grow mustaches (or "Mo's") and engage in activities to raise awareness about men's health. It aims to challenge the stigma around men's health issues, spark conversations, and promote early detection and intervention.

# Movember



## When is Movember 2024?

Movember is celebrated throughout the month of November each year. In 2024, men from around the world will unite to participate in Movember starting on November 1st and continuing until November 30th.

## History of Movember

Movember originated in Australia in 2003 when a group of friends decided to grow mustaches to raise awareness about prostate cancer and depression in men. It has since evolved into a global movement with millions of participants and supporters. Movember has funded numerous men's health projects and initiatives and has become a symbol of solidarity and awareness.

Over the years, Movember has contributed to significant advancements in men's health research and has encouraged men to take charge of their well-being.



# International Men's Day

International Men's Day 2024 is a global observance that celebrates the positive contributions and achievements of men while addressing important issues affecting men's health, well-being, and gender equality. This day provides an opportunity to promote discussions and actions that support men's physical and mental health, encourage positive role models, and advocate for a more inclusive society.

## What is International Men's Day?

International Men's Day is an annual event that highlights the importance of recognizing and addressing the challenges and experiences of men and boys. It encourages conversations about men's mental health, positive masculinity, and gender equality.

## When is International Men's Day 2024?

International Men's Day is observed on November 19th each year. In 2024, it falls on a Sunday, providing a platform for individuals, organizations, and communities to engage in activities and discussions related to men's issues.



# International Men's Day



## How to Participate in International Men's Day 2024?

Participating in International Men's Day involves acknowledging and supporting the well-being of men and boys in various ways. Here are ways to get involved:

- **Promote Men's Health:** Encourage men to prioritize their physical and mental health by seeking medical advice and support when needed.
- **Advocate for Gender Equality:** Promote gender equality and challenge harmful stereotypes and behaviors that affect both men and women.
- **Support Positive Masculinity:** Celebrate positive male role models and encourage boys and men to express their emotions and vulnerabilities.
- **Organize Events:** Host events, seminars, workshops, or panel discussions that address men's issues, such as mental health, fatherhood, and career development.
- **Engage in Mentorship:** Support mentorship programs that connect boys and young men with positive male role models in their communities.
- **Recognize Achievements:** Acknowledge and celebrate the achievements and contributions of men in various fields and industries.

# International Men's Day



## History of International Men's Day

International Men's Day was inaugurated in 1999 by Dr. Jerome Teelucksingh in Trinidad and Tobago. It has since gained recognition and is observed in numerous countries worldwide, emphasizing the importance of addressing men's issues and promoting gender equality.

This day serves as a reminder that gender equality is a collective effort that benefits both men and women, and that addressing men's well-being is an essential part of this journey.

# Pancreatic Cancer Awareness

*November is*  
*Pancreatic Cancer*  
· AWARENESS MONTH ·

Pancreatic cancer begins in the cells of the pancreas – an organ in the abdomen that lies behind the lower part of the stomach. The pancreas has two main functions. It makes enzymes that help with digestion, and it makes hormones, such as insulin, that control how our bodies store and use glucose – sugar that is the body’s main source of energy.

There are [two forms of pancreatic cancer](#): exocrine pancreatic cancer, which accounts for approximately 95 percent of all cases, and endocrine or pancreatic neuroendocrine tumors, also called islet cell tumors.

Smoking, being overweight, having diabetes, chronic pancreatitis, and certain hereditary conditions are risk factors for pancreatic cancer.

The [National Cancer Institute](#) estimates that 66,440 people will be diagnosed with pancreatic cancer in the U.S. in 2024. Approximately 51,750 deaths will occur. Pancreatic cancer is the third leading cause of cancer death in this country.

Moreover, [pancreatic cancer is projected](#) to become the second leading cause of cancer-related death in the U.S. by 2030, behind lung cancer. This is according to data published in [Cancer Research](#), a journal of the American Association for Cancer Research (AACR).

Pancreatic cancer has a five-year survival ratio of only 12.8 percent. What makes it so lethal? An expert explains: [Giving Voice to Pancreatic Cancer Patients](#).

# Lung Cancer



Lung cancer is the [most common cause](#) of cancer death in the United States for both men and women. More men die of lung cancer than the [next two](#) most deadly types of cancer for men (prostate and colorectal) combined. More women die of lung cancer (an estimated 59,280 deaths in 2024) than breast cancer (an estimated 42,250).

According to estimates by the [National Cancer Institute](#), 234,580 patients will receive a diagnosis of lung or bronchus cancer in the United States in 2024. Some 125,070 patients will die of the disease.

Smoking is the most common cause of lung cancer in the United States. Cigarette smoking causes [80% to 90% of lung cancer deaths](#), according to experts. Other [risk factors](#) for lung cancer include being exposed to secondhand smoke; having a family history of lung cancer; being treated with radiation therapy to the breast or chest; exposure to asbestos, chromium, nickel, arsenic, soot, or tar in the workplace; and exposure to radon. When smoking is combined with other risk factors, the risk of lung cancer increases.



# Lung Cancer



## Forms of lung cancer

There are two main forms of [lung cancer](#)—small cell lung cancer and non-small cell lung cancer. Non-small cell lung cancer (NSCLC) is the more common form of the disease, accounting for [about 80%](#) of diagnosed cases. The most [common subtypes of NSCLC](#) are:

- squamous cell carcinoma, which begins in the thin, flat squamous cells
- large cell carcinoma
- adenocarcinoma

About [10% to 15%](#) of all lung cancer cases are small cell lung cancer (SCLC). This is a fast-growing, aggressive disease with poor outcomes. Unfortunately, most patients with SCLC are diagnosed with [extensive stage disease](#). That means it has spread beyond the lung and the area between the lungs to other lymph nodes or other parts of the body. Overall, [5% to 10%](#) of patients with SCLC are alive five years after diagnosis.

## Screening recommendation

[Current guidelines recommend](#) annual screening with low-dose CT scan in adults aged 50 to 80 who have a 20-pack-year smoking history and currently smoke or stopped smoking within the past 15 years. Specifically, a [pack-year](#) is the number of packs of cigarettes smoked per day times the number of years smoking. Thus, someone who smoked one pack per day for 20 years has a 20-pack-year smoking history.

# Native American Heritage Month



What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the U.S., has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the “First Americans” and for three years they adopted such a day. In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

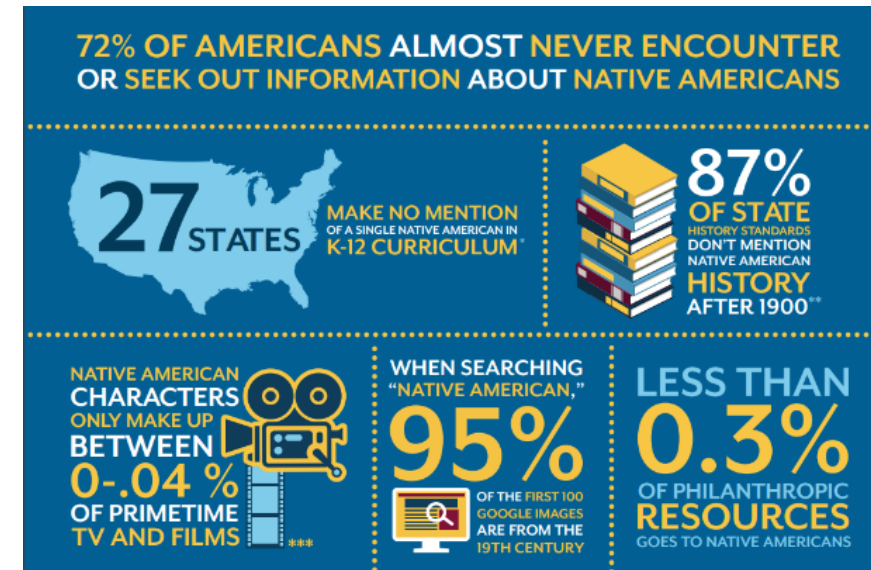
The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

# Native American Heritage Month



The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994.



# Native American Heritage Month



## American Indian History and Heritage

This Teacher's Guide from the National Endowment for the Humanities will introduce you to the cultures and explore the histories of some groups within the over 5 million people who identify as American Indian in the United States, with resources designed for integration across humanities curricula and classrooms throughout the school year.

Image credit: Long Walk Home—Gallup Downtown Murals—by Richard K Yazzir, 2005.

**Featured Resources:** <https://www.nativeamericanheritagemonth.gov/for-teachers.html>

This link features nearly 70 informative and useful resources from The Library of Congress, National Archives, National Endowment for the Humanities and Partner Organizations, National Gallery of Art, National Park Service, and the Smithsonian.

# Universal Children's Day



The United Nations' (UN) Universal Children's Day, which was established in 1954, is celebrated on November 20 each year to promote international togetherness and awareness among children worldwide. UNICEF, the United Nations Children's Fund, promotes and coordinates this special day, which also works towards improving children's welfare.

## Why Universal Children's Day is Important

### 1. Guarantees rights to children

In typical government documents, the rights given to people are generally understood to be for adults. However, thanks to the UN, governments around the world have adopted treaties that guarantee children the right to life, health, education, play, family, protection from violence, discrimination, and suppression.

### 2. They are the future

Changes take time. And by time, we mean generations. If we want to ensure a stable, safe, sustainable future for our planet, it starts with the children of today. That's why early education is imperative, and the UN is leading the charge here.

### 3. Raises awareness

It may be easy to overlook the problems facing children today if they aren't apparent in your daily life. Universal Children's Day seeks to spread the knowledge that there are millions of children around the world who don't have access to education, healthcare, or opportunities.



# Universal Children's Day



## Universal Children's Day By Numbers

264 million – The number of children who do not go to school.

90% – The vast majority of children with disabilities do not go to school, facing multiple barriers, from stigma and ignorance to lack of infrastructure, materials, or trained teachers.

1 in 10 – It is estimated that there are 1 billion people around the world with disabilities, and at least 1 in 10 are children.

150 million – The number of children worldwide engaged in child labor, not even having the chance to be children.

\$1.25 – The average cost a day per child in developing countries to provide a full cycle of pre-primary through secondary education.

989 – Singapore topped all other countries, ranking 989 out of 1000 in 2019 for the fewest children missing out on childhood, according to Save The Children.

375 – Niger ranked the lowest of all countries for the most amount of children missing out on childhood in 2019

43 – The United States badly trailed nearly all other advanced countries in helping children reach their full potential in a 2019 report by Save The Children.

26 million – The number of children out of school in Ethiopia because of the coronavirus pandemic

99% – The estimation of children worldwide — 2.3 billion — live in one of the 186 countries that have implemented some form of restrictions due to COVID-19.

# St. Andrew's Day

St. Andrew's Day is a national holiday in Scotland dedicated to celebrating the patron saint of Scotland, Saint Andrew. It is a day that honors Scottish culture, heritage, and traditions, and it provides an opportunity for Scots and people of Scottish descent around the world to come together in celebration.

## What is St. Andrew's Day 2024?

St. Andrew's Day is a historic and cultural holiday that pays tribute to Saint Andrew, who is considered the patron saint of Scotland. It is a day for Scots to celebrate their national identity and showcase their rich traditions, including music, dance, and cuisine.

## When is St. Andrew's Day 2024?

St. Andrew's Day is observed on November 30th each year. It is a public holiday in Scotland, and various events and festivities take place to mark the occasion.

## History of St. Andrew's Day

St. Andrew's Day has been celebrated in Scotland for centuries and is deeply rooted in the country's history and traditions. Saint Andrew is believed to have been an early Christian disciple and martyr, and his connection to Scotland dates back to the 9th century. Over time, he became the patron saint of the nation.

The holiday has evolved over the years, and today, it is a blend of religious observance and cultural celebration. It offers a chance for Scots to come together and proudly embrace their heritage.



# St. Andrew's Day

Happy  
St Andrew's  
Day



## How to Celebrate St. Andrew's Day 2024?

Celebrating St. Andrew's Day is a wonderful way to immerse yourself in Scottish culture and heritage. Here are some ways to celebrate:

- **Attend Events:** Look for local events, parades, and gatherings happening in your area to celebrate Scottish culture and traditions.
- **Enjoy Scottish Food:** Try traditional Scottish dishes such as haggis, neeps and tatties, and cranachan at a local restaurant or prepare them at home.
- **Listen to Scottish Music:** Enjoy the sounds of Scottish music, including bagpipes, fiddles, and traditional folk songs.
- **Learn Scottish Dance:** Participate in or watch Scottish ceilidh dancing, a lively and social form of traditional dance.
- **Visit Historic Sites:** Explore historic sites and landmarks associated with Saint Andrew and Scotland's history.
- **Connect with Others:** Join or organize gatherings with friends and family to celebrate Scottish culture together.

# Unthanksgiving Day

Unthanksgiving Day, also known as National Day of Mourning or Indigenous Peoples Sunrise Ceremony, is commemorated on the fourth Thursday in November. This year, it takes place on November 28. This annual event takes place on Alcatraz Island in San Francisco Bay to honor the indigenous peoples of America and promote their rights. Did you know that this day coincides with Thanksgiving Day? Yes, organizers chose the fourth Thursday of November with an intent to coincide with Thanksgiving Day.



[Sofia Boughton](#)

Un-Thanksgiving Day is around the corner. Depicted in the photo is The Native Thunderbird Symbol. He represents power, protection, and strength. He is often seen as the most powerful of all spirits.

# Unthanksgiving Day



## 5 Mind-Blowing Facts About Indigenous Peoples

### ❖ There were female warriors

Apart from supporting their male counterparts by cooking, sewing, and taking care of camp, they also rode and fought alongside men.

### ❖ Teepees and other houses

Unlike what we see in the movies, Indian Tribes not only lived in teepees, they also lived in longhouses and pueblos.

### ❖ 2% of the population

As of 2019, 2% of the U.S. population identifies as American Indians or Alaska natives.

### ❖ 574 is the number

As of January 2021, there are 574 federally recognized American Indian tribes.

### ❖ Only 0.4% of businesses

As of 2018, only 0.4% of U.S. businesses are owned by American Indians and Alaska Natives.



# Unthanksgiving Day



## Why Unthanksgiving Day is Important

- ❖ **It honors indigenous people**

Although many lives were lost in the bravery, it still stands as an important piece of the history of the world. It is observed as a remembrance of the suffering of the Native Indians.

- ❖ **It is a meaningful day**

Although not many people know about this day, Unthanksgiving Day is one of the meaningful days that one can observe in the year.

- ❖ **It teaches us about life**

The whole purpose of observing this day is to teach the modern citizens of America about the suffering that people have gone through in the history of building the nation. Learn all you can today.

# Thanksgiving Day



Thanksgiving Day is a national holiday in the United States, and Thanksgiving 2024 occurs on Thursday, November 28. In 1621, the Plymouth colonists from England and the [Native American](#) Wampanoag people shared an autumn harvest feast that is acknowledged as one of the first Thanksgiving celebrations in the colonies.

For more than two centuries, days of thanksgiving were celebrated by individual colonies and states. It wasn't until 1863, in the midst of the [Civil War](#), that President [Abraham Lincoln](#) [proclaimed](#) a national Thanksgiving Day to be held each November. But the holiday is not without controversy. Many Americans—including people of Native American ancestry—believe Thanksgiving celebrations mask the true history of oppression and bloodshed that underlies the relationship between European settlers and Native Americans.

In many American households, the Thanksgiving celebration has lost much of its original religious significance; instead, it now centers on cooking and sharing a bountiful meal with family and friends. Turkey, a Thanksgiving staple so ubiquitous it has become all but synonymous with the holiday, may or may not have been on offer when the Pilgrims hosted the inaugural feast in 1621.

# Thanksgiving Day



Today, however, nearly 90 percent of Americans eat the bird—whether roasted, baked or deep-fried—on Thanksgiving, according to the National Turkey Federation. Other traditional foods include stuffing, mashed potatoes, cranberry sauce and pumpkin pie. Volunteering is a common Thanksgiving Day activity, and communities often hold food drives and host free dinners for the less fortunate.

Parades have also become an integral part of the holiday in cities and towns across the United States. Presented by Macy's department store since 1924, New York City's Thanksgiving Day parade is the largest and most famous, attracting some 2 to 3 million spectators along its 2.5-mile route and drawing an enormous television audience. It typically features marching bands, performers, elaborate floats conveying various celebrities and giant balloons shaped like cartoon characters.

Beginning in the mid-20th century and perhaps even earlier, the president of the United States has "pardoned" one or two Thanksgiving turkeys each year, sparing the birds from slaughter and sending them to a farm for retirement. A number of U.S. governors also perform the annual turkey pardoning ritual.

# National Diabetes Month



In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional, and social effects to the financial and damaging health consequences, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

- Get a physical. Regular checkups let us know where we stand and what changes we need to make. Ask questions, too!
- When we make small changes, we are more likely to stick with them. So, add one or two small changes at a time, instead of huge sweeping changes.
- Keep track of your goals. We are more likely to be honest if we write down our daily intake than if we just guess.
- Get a buddy. It's more fun when we make changes together than if we go it alone.
- Learn more from the [American Diabetes Association](https://www.diabetes.org/).

CSHCS covers 5,905  
clients with diabetes

# National Diabetes Month



## HOW TO OBSERVE #NationalDiabetesMonth

Help prevent type 2 diabetes. Learn about the causes of type 1 diabetes and how to control it. Find out how new medications are making it easier to control blood sugar and insulin levels. Learn about a healthy diet, exercise, and how to control diabetes. Know your number and get involved. If you have questions about your diabetes, be sure to speak with your doctor. They are your best resource for staying in control. Use #NationalDiabetesMonth to post on social media.

## NATIONAL DIABETES MONTH HISTORY

[American Diabetes Association](#) founded National Diabetes Month to spread information and resources concerning diabetes.



# Military Family Month



November was first declared as Military Family Month in 1996. Since then, November has been a time to acknowledge the tremendous sacrifices our military families make. They contend with separation from their families and make adjustments to new living situations and communities. Military Families embody strength, resilience, and courage. Care of military families and children sustains our fighting force, and strengthens the health, security, and safety of our nation's families and communities.

Here are some ways to celebrate National Veterans and Military Families Month:

- **Get involved**

Show your gratitude to military families by volunteering, donating, or attending events.

- **Learn about resources**

Military OneSource offers resources, podcasts, and special offerings to help military families and transitioning veterans. You can call Military OneSource at (800) 342-9647 or start a live chat.

- **Check with your local military base**

Your nearest military base's Morale, Welfare, and Recreation (MWR) office may have events, contests, or discounts for families.

# Alzheimer's Awareness Month

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it. There are a number of quick and easy ways you can help raise awareness, show support, and fight Alzheimer's disease!

## Light the World in Teal

More than 1,000 structures around the world will "Go Teal" this year to raise awareness and show support for the millions of people affected by Alzheimer's. If you have access to an office building, campus, monument, or even your house, you can be a part of "Light the World in Teal"! You can still wear teal and update your social media cover photo to help raise awareness!



# Alzheimer's Awareness Month



## Share Information!



## Change Cover Photo!

Save a free cover photo which you can use on social media to show your support for the fight against Alzheimer's disease.

Save the images to share on your social media platforms!

Use Hashtag #TealforAlz, #AFAlighttheworldinteal #Alzfdn #AlzheimersAwarenessMonth.

### Useful Links:

[I am Going Teal for Alzheimer's Awareness](#)

[I Love Someone with Alzheimer's](#)

[Go Teal for Alzheimer's Awareness Month](#)

# National Family Caregivers Month

November is a time to show support and to honor our nation's vital caregivers during National Family Caregivers Month. Join us in acknowledging and honoring families who are often caregiving "around the clock". That means around-the-clock dedication, organization, responsibility, scheduling, and hands-on care.



They're cheerleaders and crisis managers, nurses and advocates, therapists and service coordinators. They're not just family members—they're lifelines. Family caregivers are the backbone of care for people with intellectual and developmental disabilities (IDD), and their stories often go untold.

A vertical promotional graphic for National Family Caregivers Month. It features a central text area with a purple and orange background. The text reads: "November is National Family Caregivers Month! Celebrate with your Caregiver Support Team!". Below the text are logos for VA Caregiver Support, VA, and the U.S. Department of Veterans Affairs. On either side of the text are two hexagonal photo cutouts. The top photo shows an older man with a cane being supported by a younger man. The bottom photo shows a woman and a man smiling together. A QR code is located at the bottom right of the graphic.

# National Family Caregivers Month



National Family Caregivers Month  
NOVEMBER



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10



CaregiverAction.org



# Social Media Kindness Day

When was this event established: Social Media Kindness Day was founded in 2018 in memory of British TV presenter Caroline Flack, an advocate for kindness and empathy, who sadly committed suicide after being bullied online. The day was created to inspire people to use their online presence to spread kindness and to honor her legacy of positivity.

How has it developed since then: Since its inception, Social Media Kindness Day has grown significantly, with more people and organizations getting involved each year. To date, over 1,200 people have already signed the pledge to make social media a kinder place and the event has encouraged millions to think twice about their online interactions and to choose kindness whenever they engage on social media.

**Why it is important:** A 2021 study showed that [41% of all social media users](#) in the US have experienced some form of online harassment or bullying. Social Media Kindness Day highlights the importance of being mindful of our words and actions online, recognizing that what we share can deeply affect others. Promoting kindness on social media not only [improves individual well-being](#) but also contributes to a healthier, [more supportive online community](#).



# Social Media Kindness Day

## 3 Interesting Facts About Social Media Kindness Day

- 1. Bullying by the Platform:** While negativity exists on virtually all social media platforms, people are most likely to experience bullying on YouTube, with [79% of users](#) reporting the behavior. The next most dangerous platforms are [Snapchat at 69%](#), [TikTok at 64%](#) and [Facebook at 49%](#).
- 2. Gender Differences:** Studies show that [girls are more likely](#) to report experiencing certain forms of cyberbullying, such as receiving unsolicited explicit images, being the victim of false rumors, and stalking.
- 3. Positive Impact:** Research proves that engaging in kind acts, including on social media, can [improve mental health, reduce stress](#), and create a more positive online atmosphere for everyone involved.



# Anti Bullying Week: Nov 13-17

## What is Anti-Bullying Week?

Anti-Bullying Week is a special event organized by the [Anti-Bullying Alliance](#) to raise awareness about the negative impacts of bullying, encourage people to stand up against discrimination and promote the importance of individuality. It's a week dedicated to celebrating the values of inclusivity, respect and kindness. An important aspect of Anti-Bullying Week is encouraging individuals, particularly young people, teachers, and parents, to speak up against bullying, seek help when needed and be proactive in creating a safer environment in their schools and communities.

## When is Anti-Bullying Week 2024?

This year, Anti-Bullying Week 2024 will take place between Monday 11th and Friday 15th November 2024.

## What is the theme for Anti-Bullying Week 2024?

The theme for Anti-Bullying Week 2024 is **Choose Respect**. Teachers and children wanted a theme that empowers them to do something positive to counteract the harm and hurt that bullying causes. Too often, we stay quiet when we see bullying going on, stay silent about the pain it inflicts, or play it off as a joke. But we shouldn't! Instead, let's shout about it and speak up when we see prejudice or discrimination.

Anti-Bullying Week 2024 encourages us all to speak out about bullying. By raising awareness, we not only support those who are being bullied but also let potential bullies know that their actions are unacceptable. Whether this is speaking to a trusted adult or reaching out to a person who is being bullied, let's make a noise this Anti-Bullying Week!



# Anti Bullying Week: Nov 13-17

## How to celebrate Anti-Bullying Week 2024:

- ❖ Why not begin by [pledging your support to the Anti-Bullying Alliance](#) online? This is a brilliant way to show your commitment to eradicating bullying and making sure everyone in your community is happy, supported and cared for. What's more, you'll also receive a free certificate to display in your school or organization!
- ❖ You can also have fun on [Odd Socks Day](#), which will kick off Anti-Bullying Week 2024 on Monday 13th November. This day is an opportunity to encourage children and adults to express themselves and celebrate their individuality, highlighting what makes us all unique! To join in, simply wear odd socks to school or work, then [donate to the Anti-Bullying Alliance](#). You can [Design a Pair of Odd Socks](#) for a fun Odd Socks Day activity!
- ❖ Another fun event that takes place every year on the Friday of Anti-Bullying Week is Friendship Friday. In 2024, Friendship Friday will be on Friday 17th November. This is a chance to round off your fantastic week by celebrating friendships with others. It's a great way to encourage both children and adults to reach out to friends and peers (whether that's at home, school, or in the community) and share positive things. You might choose to celebrate this day in school by enjoying some fun friendship-themed activities, like this [Friendship Scavenger Hunt Game](#)!





# World Kindness Day

## 7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make  
kindness  
the norm.

#WorldKindnessDay  
#MakeKindnessTheNorm  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)



# World Kindness Day

## 5 Facts About Kindness

### Start with children

One in four children in the U.S. experience bullying at school on a regular basis — teaching kids to be kind to everyone, even if they're different, and to stand up to bullying when they see it, turns them into brave and kind adults.

### A day of unity

Though the movement isn't affiliated with any religion or political movement, over 28 nations participate in World Kindness Day.

### It pays to be kind

People who are constantly kind produce 23% less cortisol, which is the stress hormone — because of the lower levels of stress, people who practice kindness age slower than the average population.

### Kindness is contagious

Researchers from the Stanford Social Neuroscience Laboratory found that when people see someone else being kind, they are more likely to act kindly towards others themselves.

### It lowers blood pressure

Emotional warmth releases the hormone oxytocin, which dilates the blood vessels and therefore lowers your blood pressure.





# November History

**November 9, 1989** - The Berlin Wall was opened up after standing for 28 years as a symbol of the Cold War. The 27.9-mile wall had been constructed in 1961.

**November 11, 1992** - The Church of England voted to allow women to become priests.

**November 13, 1956** - The U.S. Supreme Court ruled that racial segregation on public buses was unconstitutional.

**November 26, 1789** - The first American holiday occurred, proclaimed by President George Washington to be Thanksgiving Day, a day of prayer and public thanksgiving in gratitude for the successful establishment of the new American republic.