



International Day of Pink / Pink Shirt Day

**Educational resources
February 2024**



**Canadian Centre for Diversity and Inclusion
Centre canadien pour la diversité et l'inclusion**

www.ccdi.ca

Educational resources on International Day of Pink / Pink Shirt Day

[International Day of Pink](#), commemorated on the second Wednesday of April each year, began in Nova Scotia when two straight high school students witnessed the bullying of a gay student wearing a pink shirt. The students intervened, but wanted to do more, so they bought pink shirts, distributed them to classmates, and rallied the entire school to wear pink as a unified show of support. This collective action sparked a school-wide movement, uniting everyone to actively prevent homophobic and transphobic bullying.

[Pink Shirt Day](#), commemorated on the last Wednesday in February each year, is a similar initiative, also inspired by the actions of these two students. Since then, it has grown into a broad movement against bullying, encouraging kindness, empathy, and respect among individuals, regardless of their differences.

While Pink Shirt Day's focus is more broadly on anti-bullying efforts, and the International Day of Pink focuses on discrimination and harassment based on gender and sexual orientation, both initiatives share similar objectives of promoting kindness, respect, and inclusivity.

In workplaces, these initiatives can serve as a catalyst for discussions and actions against bullying in all its forms. They encourage companies to address workplace bullying, promote diversity and inclusion initiatives, and educate employees about the impacts of bullying on mental health and productivity.

This educational resource guide contains webinars and resources to help workplaces tackle bullying and harassment, including harassment and discrimination directed at 2SLGBTQI+ individuals.

Information and tools for International Day of Pink and Pink Shirt Day

Bilingual

- [Courage Toolkit / Boîte à outils de courage](#), International Day of Pink
- [International Day of Pink / Journée rose internationale](#), Canadian Union of Public Employees
- [Pink Shirt Day \(Anti-Bullying Day\) / Journée du chandail rose \(Journée contre l'intimidation\)](#), Statistics Canada
- [Pink Shirt Day toolkit / Boîte à outils pour la Journée du chandail rose](#), BGC
- [Travis Price's act of kindness / Le geste de gentillesse de Travis Price](#), Canadian Museum for Human Rights

English only

- [Create Safer Spaces – Resources](#), International Day of Pink
- [Pink Shirt Day webinar on workplace bullying prevention](#), Mental Health Foundation of New Zealand
- [Pink Shirt Day: How to Prevent Workplace Bullying](#), Cenera
- [Workplace toolkit](#), Pink Shirt Day New Zealand

Bullying, harassment, and discrimination in the workplace

Bilingual

- [Bullying / Intimidation](#), PREVNet
- [Bullying in the Workplace / Intimidation en milieu de travail](#), Canadian Centre for Occupational Health and Safety
- [Cyberbullying / Cyberintimidation](#), Media Smarts
- [Harassment and bullying prevention / Prévention du harcèlement et de l'intimidation](#), Workplace Strategies for Mental Health
- [Pocket Guide: Bullying and Violence in the Workplace / Guide de poche : L'intimidation et la violence en milieu de travail](#), Professional Institute of the Public Service of Canada
- [Preventing workplace violence and workplace harassment / Prévention de la violence au travail et du harcèlement au travail](#), Government of Ontario
- [Psychological Harassment at Work / Le harcèlement psychologique au travail](#), Éducaloi
- [What is Harassment? / Qu'est-ce que le harcèlement ?](#) Canadian Human Rights Commission
- [Working with a Bully / Travailler avec un intimidateur](#), Canada Safety Council

English only

- [Bullies at Work: What to Know and What You Can Do](#), alis (Government of Alberta)
- [How Bullying Manifests at Work — and How to Stop It](#), Harvard Business Review
- [Toward a Respectful Workplace: A Handbook on Preventing and Addressing Workplace Bullying and Harassment](#), WorkSafe BC
- [Workplace Bullying and Harassment in Ontario: A Guide for Employers](#), Peninsula Employment Services
- [Workplace Harassment: from investigation to prevention \(PDF\)](#), Workers Health & Safety Centre
- [Workplace Violence: predictable and preventable \(PDF\)](#), Workers Health & Safety Centre

French only

- [Comment reconnaître le harcèlement en milieu de travail, et mitiger ses conséquences?](#) Point de jour, Radio-Canada
- [Harcèlement psychologique au travail](#), Institut national de santé publique du Québec
- [Harcèlement au travail](#), CNESST

Understanding and combatting 2SLGBTQI+ bullying and discrimination

Bilingual

- [Draw-The-Line Against Transphobic Violence in Schools / Traçons-les-limites contre la violence transphobe dans les écoles](#), Egale
- [Harassment of LGBTQ+ people in the workplace / Harcèlement des personnes LGBTQ+ en milieu de travail](#), fondation émergence
- [Know Your Rights: A Guide for LGBTQ2+ Employees / Connaître ses droits : un guide pour le personnel LGBTQ2+](#), Pride at Work Canada
- [ProAlly: Guide of Best Practices for LGBTQ+ Inclusion in the Workplace \(PDF\) / ProAllié : Guide de bonnes pratiques pour l'inclusion des personnes LGBTQ+ en milieu de travail \(PDF\)](#), fondation émergence
- [Transitioning Employers: A survey of policies and practices for trans inclusive workplaces / La transition des organismes employeurs : une étude sur les politiques et les pratiques favorisant l'intégration des personnes trans en milieu de travail](#), Pride at Work Canada
- [Urgent action needed to end homophobic and transphobic violence at work / Besoin pressant d'action pour éliminer la violence homophobe et transphobe au travail](#), Canadian Labour Congress

English only

- [How the LGBTQ+ community fares in the workplace](#), McKinsey & Company
- [LGBT People's Experiences of Workplace Discrimination and Harassment](#), The Williams Institute at University of California, Los Angeles School of Law

French only

- [Favoriser le bien-être et l'inclusion des personnes LGBTQ2+ en milieu de travail : rapport de recension des interventions contribuant à prévenir la discrimination et la violence fondées sur l'orientation sexuelle, l'identité de genre ou l'expression de genre](#), Université du Québec à Montréal

Other resources



CCDI WEBINARS

The following webinars were delivered previously, and recorded versions can be accessed via CCDI's Knowledge Repository. If your organization is a [CCDI Employer Partner](#), you and your colleagues can visit the [Knowledge Repository portal](#) to register for access (using a work email address) and login credentials will be sent via e-mail (check Inbox and Junk Mail folder just in case).

Log into Knowledge Repository and click on the links below to view each webinar:

Bilingual

- [Allyship: What type of ally are you? / Alliance : quel type d'allié-e êtes vous? \(2022\)](#)
- [Creating a psychologically safe space for the LGBTQ2S+ community / Créer un espace psychologiquement sécuritaire pour la communauté LGBTQ2S+ \(2022\)](#)
- [DEI stories of success: 2SLGBTQI+ inclusion / Histoires de réussites en matière de DÉI : inclusion des membres de la communauté 2ELGBTQI+ \(2023\)](#)
- [Microaggressions: Microinterventions and microaffirmations / Les microaggressions : Les microinterventions et les microaffirmations \(2023\)](#)
- [Safe spaces for dialogue: Encouraging authenticity in the workplace / Espace sécuritaire pour le dialogue - encourager l'authenticité en milieu de travail \(2021\)](#)
- [Unconscious bias / Les préjugés involontaires \(2023\)](#)

Please view a [schedule and descriptions of our upcoming webinars](#) to be delivered live (recorded versions will be accessible via CCDI's Knowledge Repository shortly thereafter). If your organization is a CCDI Employer Partner, you and your colleagues can register and attend for free. If your organization is not currently a CCDI Employer Partner and you are interested in joining, you can [learn more about partnership and submit an inquiry here](#).



BOOKS

CCDI encourages you to check with your local bookstore or municipal library for availability of these publications.

Bilingual

- Before I Fall / Le dernier jour de ma vie (Lauren Oliver)
- Braving the Wilderness / Braver sa nature sauvage (Brene Brown)
- Fish in a Tree / Comme un poisson dans l'arbre (Lynda Mullaly Hunt)
- Holding Up the Universe / Les mille visages de notre histoire (Jennifer Niven)
- Home Is Not a Country / Une vie avant la mienne (Safia Elhillo)
- I'll Give You the Sun / Le soleil est pour toi (Jandy Nelson)
- The Absolutely True Diary of a Part-Time Indian / Le premier qui pleure a perdu (Sherman Alexie)
- The Burning / La rumeur qui me suit (Laura Bates)
- The Leader's Guide to Unconscious Bias / Le guide du dirigeant : nos biais inconscients (Pamela Fuller, Mark Murphy, Anne Chow)
- The No Asshole Rule: Building a civilized workplace and surviving one that isn't / Objectif Zéro-sale-con : Petit guide de survie face aux connards, despotes, enflures, harceleurs, trous du cul et autres personnes nuisibles qui sévissent au travail (Robert I. Sutton)

English only

- Better Allies: Everyday Actions to Create Inclusive, Engaging Workplaces (Karen Catlin)
- Big Bully: An Epidemic of Unkindness (Marion Scher)
- Blindspot: Hidden Biases of Good People (Mahzarin R. Banaji, Anthony G. Greenwald)
- Bullying in the Workplace: A Survival Guide for Canadians (Dr Carol Pye)
- Bullying Scars: The impact on Adult Life and Relationships (Ellen Walser deLara)
- It Gets Better: Coming Out, Overcoming Bullying, and Creating a Life Worth Living (Dan Savage)
- Overcoming Mobbing: A Recovery Guide for Workplace Aggression and Bullying (Maureen Duffy and Len Sperry)
- The Bullied Brain: Heal your scars and restore your health (Jennifer Fraser)
- The Lucky Ones (Liz Lawson)
- The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture (Gabor Mate)
- The Upstander Leader: How to develop a speak-up culture (Jessica Hickman)
- What Kind of Girl (Alyssa B. Sheinmel)

French only

- Biais inconscients et comportements inclusifs dans les organisations (collectif)
- Diversité en milieu de travail: de l'exclusion à l'inclusion (collectif)
- Diversités en milieux de travail : discrimination, égalité des chances et inclusion (Michel Racine, Yves Hallée)
- Inclusi(.f.v.e.s). Le monde du livre et de l'écrit : quelles diversités (collectif)
- L'empire des auras (Nadia Coste)
- Piglettes / Les petites reines (Clémentine Beauvais)
- Riposte (Louisa Reid)



FILM AND TELEVISION

Please note: There may be a cost related to watching this content and CCDI is not responsible for those costs.

Some items on this list contain challenging themes including violence, suicide, and self-harm. Please use your own discretion when selecting from this list.

Bilingual

- [After Lucia](#) / [Después de Lucía](#) (2012; available on DVD)
- [Audrie & Daisy](#) / [Audrie et Daisy](#) (2016; Netflix)
- [Awkward](#) / [Awkward \(FR\)](#) (2011; Crave)
- [Bridge to Terabithia](#) / [Le Secret de Terabithia](#) (2007; Disney+, [Amazon Prime](#))
- [Bully Dance](#) / [La danse des brutes](#) (National Film Board of Canada)
- [Cyberbully](#) / [Le Mur de l'humiliation](#) (2011; Apple TV, [Amazon Prime](#))
- [Diary of a Wimpy Kid](#) / [Journal d'un dégonflé](#) (2010; Disney+, [Amazon Prime](#))
- [Do Revenge](#) / [Si tu me venges...](#) (2022; Netflix)
- [Easy A](#) / [Tout pour un A](#) (2010; Amazon Prime, [YouTube](#), [Apple TV](#))
- [Elephant](#) / [Elephant \(FR\)](#) (2003; Crave, Super Écran)
- [Insatiable](#) / [Insatiable \(FR\)](#) (2018; Netflix)
- [Mean Girls](#) / [Méchantes Ados](#) (2004; Amazon Prime/Paramount+)
- [Moonlight](#) / [Moonlight: l'histoire d'une vie](#) (2016; Amazon Prime/Paramount+)
- [Precious](#) / [Precious \(FR\)](#) (2009; Amazon Prime, [YouTube](#), [Apple TV](#))
- [The Glory](#) / [La gloire](#) (2022; Netflix)
- [Wonder](#) / [Merveilleux](#) (2017; Netflix, [Crave](#), [Amazon Prime](#))

English only

- [A Girl Like Her](#) (2015; Amazon Prime, [Plex](#))
- [Better Days](#) (2019; [YouTube](#), [Apple TV](#))
- [Bully](#) (2011; YouTube, [Apple TV](#))
- [CBC Marketplace – School Violence: How to fight for safer schools](#) (2019; CBC)
- [Dark Cloud: The High Cost of Cyberbullying](#) (2020; Telus)
- [Mean Creek](#) (2004; YouTube, [Apple TV](#))



Bilingual

- [Fighting with nonviolence / Combattre par la non-violence](#) (Scilla Elworthy; 2012)
- ["High School Training Ground" / « High School Training Ground »](#) (Malcolm London; 2013)
- [How do you define yourself? / Comment VOUS vous définissez ?](#) (Lizzie Velasquez; 2013)
- [How the worst moments in our lives make us who we are / Comment les pires moments de nos vies font de nous ce que nous sommes](#) (Andrew Solomon; 2014)
- [The danger of silence / Le danger du silence](#) (Clint Smith; 2014)
- [To This Day...for the bullied and beautiful / Ode à ce Jour ... dédiée à tous ceux qui sont persécutés et beaux](#) (Shane Koyczan; 2013)
- [When online shaming goes too far / Ce qu'il se produit quand l'humiliation en ligne s'emballe](#) (Jon Ronson; 2015)
- [Why I keep speaking up, even when people mock my accent / Pourquoi je continuer à parler, même si l'on se moque de mon accent](#) (Safwat Saleem; 2016)

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