



Evangelical Parish Nurse Association
The ELPNA Edge
HatNotHate
Blue Hats to Help End Bullying
 Add our Edge to your practice!



<p>1 in 14 children are bullied. To raise awareness about bullying and to reduce bullying, “Hat Not Hate” was started in 2018 by Lion Brand Yarn as a project to collaborate with “STOMP Out Bullying™. This is a wonderful way to get your Prayer Shawl Ministry and knitters or crocheters of any age to get involved and “Make a blue hat”...and to make one for themselves and the youth and teens in their families too!</p>	
<p>Blue is considered a color representing awareness, peace, and solidarity. People are encouraged to wear a blue hat anytime, but especially throughout the month of October, but especially on Monday, October 4th, 2021, the World Day of Bullying Prevention. Please visit their website for information, press releases, patterns, and how to donate blue hats at https://hatnothate.org/</p>	
<p>Hat Not Hate has an annual goal is to stitch, gift, or disseminate as many blue hats as possible, and in 2021 they have already received over 40,000 hats! Hats will be given to participating schools before the World Day of Bullying Prevention! Lion Brand Yarn is providing free knit and crochet hat patterns at http://hatnothate.org/ with additional patterns available from Stitch and Unwind at https://www.stitchandunwind.com/hat-not-hate-end-bullying/</p>	
<p>Check to see if your local school is having a Blue Hat Day or Send Hats to the Hat Not Hate address at https://hatnothate.org/index.php/donate-a-hat/ or check for a local drop off location at https://hatnothate.org/index.php/drop-off/</p>	<p>Hat Not Hate Lion Brand Yarn 140 Kero Road Carlstadt, NJ 07072</p>
<p>Make certain to include the information that the hats you are donating come from a Faith Community Nurse Prayer Ministry! Remember to acknowledge your successes in public, such as in your newsletter or bulletin, and although Hat Not Hate/Anti Bullying Day is celebrated on a Monday, but you could designate a Hat Not Hate Sunday!</p>	

Additional Information:

<p>Instagram has become one of the online sources of bullying (see: https://www.theatlantic.com/technology/archive/2018/10/teens-face-relentless-bullying-instagram/572164/)</p>	
<p>Webroot provides “What is Netiquette?”—make certain that the children in your lives and in your faith-based organization know the guidelines.</p>	
<p>For additional information see Stopbullying.gov at https://www.stopbullying.gov/</p>	
<p> Additional YouTube Resources are available by searching “#HatNotHate” including an informative video at https://www.youtube.com/watch?v=f6cYe4cOeVs&t=9s</p>	

Lorenz, T. (2018, October 10). Teens are being bullied ‘constantly’ on Instagram. *The Atlantic*. Retrieved from <https://www.theatlantic.com/technology/archive/2018/10/teens-face-relentless-bullying-instagram/572164/>