

DAY of SILENCE®

Sample Participant Guidelines

Thank you for supporting the Day of Silence. Your help is crucial to the success of the day. Here are some guidelines and ideas to help you during the Day of Silence.

- Be reasonable. If you have a job, an interview, an oral exam, or something else that requires speaking, please speak. The Day of Silence is not about getting in trouble, it's about creating awareness of anti-LGBT bullying, harassment and name-calling. If you need to speak, you might consider other ways of continuing your participation, such as wearing buttons or stickers that show your support of the Day of Silence and those participating.
- If you have a small discussion class, think about whether you really need to speak or not. It is suggested that you speak with each of your teachers before the actual day to work out an arrangement of silent participation in each of their classes. You might decide to write a brief reaction to a reading or discussion that took place, ensuring your teachers know you did the work.
- On the other hand, be as silent as possible when you meet people on buses, in the halls, at your locker or in the lunchroom. Point at your sticker and give the person a "speaking card!"
- Give "speaking cards" to all teachers/professors even if it is a class in which you would not normally speak.
- Carry pen and paper with you, in order to be able to communicate with people!
- If people taunt you or try to harass you into speaking, explain (if you can) silently that this is not a joke. Give them a card to read. If your safety is threatened, speak as you need to, and immediately find a safe teacher to support you.
- The next day explain to people you encountered why you participated in the Day of Silence.

Congratulations in your organizing and participation!! You silence will speak volumes!!