

## Need some ideas on how to participate in the Day of Silence? *We got you!*

### How to participate in the Day of Silence:

- > **Wear your Support:** Check out our GLSEN store (<http://shop.glsen.org/>), for the latest GLSEN gear!
- > Be silent
- > Print out, cut out and hand out speaking cards to share with others why your silence is a part of a national day of action

### Before the Day of Silence

- > **Call to Action:**  
Rally support with friends and peers by calling people to act in Silence!
- > **Day of Silence Announcements:**  
this can be done at assemblies, homerooms or the PA system
- > **Set up a Booth or Table:**  
Get permission to set up a table to get the word out
- > **Initiate Class Discussions:**  
Ask your teacher to discuss the importance of the Day of Silence

### During the Day of Silence

- > **Day of Silence Announcements:**  
Announce what the Day of Silence is, and what being silent symbolizes.
- > **Silent Lunch:**  
A silent lunch is a way to participate in the Day of Silence collectively with your peers while still being able to verbally participate in class.
- > **Day of Silence Safe Space:**  
The Day of Silence is exciting and fun, but can sometimes be stressful. Create a space for people to feel safe and supported.
- > **Tweet the Silence:**  
Share stories, tweets, and pictures with us at @DayOfSilence and/or by using the hashtag #DayOfSilence

### After the Day of Silence

- > **Post a Day of Silence Video:**  
If there's someone who's great at editing, have them put together a great Day of Silence video to share your experiences
- > **Breaking the Silence Rally:**  
This looks different for each community. The main thing is to be create and express yourselves!
- > **Breaking the Silence Open Mic:**  
Anyone with mad vocal skills? Have them break the silence with delightful music!