

**DO IT
FOR**
Dolly
DAY'26

HOW TO GO BLUE TO END BULLYING!



Wear Your Blue Loud and Proud

Pull on your brightest blue outfit, paint your face, or even dye your hair! Going Blue is a conversation starter about kindness and standing up to bullying.



Set Up a Fundraiser or Donate

Every dollar you raise helps support Dolly's Dream programs and services, including our anti-bullying workshops in schools and our 24/7 Support Line, creating safer, kinder communities across Australia.



Start Important Conversations

We know the impact of bullying can be devastating. Check in with family, friends, and especially the young people in your life. Share Dolly's Dream resources and let them know they are not alone.



Host a Blue-Themed Event

From a morning tea or a school assembly to a workplace dress-up day, create a space for people to talk and share Dolly's Dream's vision for a future free from bullying.



Go Social with Your Support

Take a photo in your best blue and share it with the hashtag **#GoBlueToEndBullying**. Tag your friends, family, and teammates to join in and spread the word.

**Your support will raise awareness
and vital funds for Dolly's Dream,
helping to prevent bullying,
and making sure young people
and families never face it alone.**

