

National Day of Silence

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In 1996, two University of Virginia students completed an assignment on nonviolent protests and wanted to pair it with Pride Week at the university. They felt that not enough was being done at their school regarding complaints about bullying and harassment of LGBTQ students. The first Day of Silence was born where the students did not speak the entire day. This was a call to action to advocate for students to attend class in a safe and respected class environment.



At the end of the day, there were festivities to break the silence and for individuals to share their experiences. Twenty-six years later the annual National Day of Silence will be held on April 22, 2022. The Gay, Lesbian and Straight Education Network (GLSEN) is the official sponsor of the effort. It has evolved to a worldwide student led movement but also includes workplaces and sporting events. The movement has gained steam over the years and students, employees and others get involved by participating, hosting events, breaking the silence, creating posters or wearing x-shaped tape over their mouths or hands to symbolize their participation.



Join in! *National Day of Silence and Break the Silence*

- Take a vow of silence (work appropriate) and hand out “speaking cards” which explain your silence
- Encourage others take a vow of silence
- Ring a bell, honk your horn, bang a pot, get creative!
- Share statistics
- Discourage bullying
- Educate yourself and others
- Host a viewing party – watch an LGBTQ focused movie or show
- Make signs
- Share food that connects people
- Have a dialogue
- Share on social media - #NationalDayofSilence

GLSEN DAY OF SILENCE

I'm staying silent on GLSEN's Day of Silence. It's a national youth movement highlighting the silencing and erasure of LGBTQ people at school.

Nearly 4 in 5 LGBTQ students don't see positive LGBTQ representation in their curriculum, **nearly 9 in 10** experience verbal harassment, and **almost a third miss school** for feeling **unsafe** or **uncomfortable**.

But together, **we can break the silence**, making our school more inclusive for **all**. Join me by texting **SILENCE** to **21333** or visiting **glsen.org/dayofsilence**. Think about the voices you are NOT hearing.



[Click here](#) to learn more about GLSEN and the Day of Silence.