



Pink Shirt Day: Friday 15 May 2026



Updated: March 2026

What is Pink Shirt Day?



This is Easy Read information about Pink Shirt Day.



Pink Shirt Day is a day every year to:

- stand up against **bullying**
- celebrate **diversity**
- be:
 - inclusive – make sure everyone is part of things
 - kind.





Bullying is when 1 person or a group of people treats someone in a bad way.

Bullying can be when someone:

- says nasty things to you / about you:
 - in person
 - online – this is called cyberbullying
- ignores you or leaves you out
- hits you / kicks you / pushes you
- tells lies about you.



Diversity means all the things that make people different from each other like their:

- culture
- age
- religion
- sexuality
- gender.



Sexuality is things like:

- who you are attracted to
- who you want to be in a relationship with
- if you want to be in a relationship or not.





Gender is if you are:

- a woman
- a man
- another gender like nonbinary.



This year Pink Shirt Day is on **Friday 15 May 2026.**



Pink Shirt Day has happened in Aotearoa New Zealand every year since 2009.

How you can take part in Pink Shirt Day



There are different ways you can take part in Pink Shirt Day like:

- wearing a pink t-shirt / top
- having an event to raise money for Pink Shirt Day.



You can find more ideas on the Pink Shirt Day website:

<https://pinkshirtday.org.nz>



Pink Shirt Day t-shirts will be available at **Cotton On** shops around Aotearoa New Zealand.

You can buy these t-shirts a few weeks before Pink Shirt Day.



The Pink Shirt Day website has free information about bullying for:

- schools
- workplaces
- communities.



This information can be used to have spaces that:

- welcome everyone
- are safe
- do not allow bullying.



You can sign up online for updates about:



- information on events you can run
- information that you can download
- when Pink Shirt Day t-shirts are available to buy at Cotton On stores.



You can sign up here:

<https://tinyurl.com/n2r7urjy>

Where to find more information



You can find more information about Pink Shirt Day at this website:

<https://pinkshirtday.org.nz>



There is also an Easy Read document called:

What is bullying?

What to do if you are being bullied



You can find this Easy Read document at:

<https://pinkshirtday.org.nz/resources/easyreadwhatisbullying>



Make it Easy
Kia Māmā Mai



This information has been written by the Mental Health Foundation of New Zealand.

It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

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