

#“dare to be Kind®”

<http://gabriella.global/>

NATIONAL BULLYING PREVENTION MONTH IS HERE—AND MORE RELEVANT THAN EVER

September 2016

Suicide is the third leading cause of death for those between the ages of 10 and 24, claiming more than 4,600 lives each year, according to the Centers for Disease Control and Prevention. While bullying is not the sole cause for suicides within this age range, it is often a factor. Gabriella van Rij [pronounced “ray”] has this to say: “Blame is not a cure. Action is.”

Throughout October National Bullying Prevention month, Gabriella—a speaker, author & activist for kindness—will be traveling from Los Angeles across the US, speaking at schools and community centers that do not have the funds to hire public speakers.

Gabriella shares a unique bond with those she speaks to. Her insights spring from a lifetime of experiences. Adopted at the age of three from a Pakistan orphanage into a Dutch diplomat’s family, she knows firsthand what it feels like to be an outcast, put in a box, and made to feel less than equal. She challenges her audience to #DareToBeKind.

Gabriella is known for her work as an expert on bullying causes and solutions and has produced and directed a documentary in 2014 titled, *Our Silence Is Complicity*. “All it takes,” says Gabriella, “is one moment, one person, one kindness to BE the difference in a student’s life.”

SAMPLE QUESTIONS:

1. What do you hope to accomplish with your anti-bullying campaign during October National Bullying Prevention month?
2. What are your three secrets that can help shift how we talk and think about bullying behavior?
3. How can we join your campaign? And where can viewers find out more about your campaign and how they can help?
4. Tell us about your four-step program to end fear, bullying and cyber torment.
5. I hear you also published a book, *I Can Find My Might*, that recounts your personal story. Tell us a bit about it.

ABOUT GABRIELLA VAN RIJ

[GABRIELA VAN RIJ](#) [pronounced “ray”] is a speaker, author of 3 books, & activist for kindness who has been seen by millions on Dr. Phil, ABC, CBS, NBC, and FOX. During October National Bullying Prevention Month, Gabriella will be hitting the road and speaking at schools across the US with her anti-bullying 4-step program. Blame is not the cure. Action is. [End bullying.](#)

Click to follow the campaign!

