



Megan Meier Day | October 17

WHAT IS MEGAN MEIER DAY?

On October 17, 2006, Megan Taylor Meier, took her own life after being cyberbullied by an adult neighbor posing as a fictitious boy named "Josh Evans" on MySpace. On October 17th, we gather together to take a stand against bullying and cyberbullying in honor of Megan. We believe that through empowering our society to celebrate individuality and the acceptance of others, we can work together to create a safer and kinder world. Check out these ideas to honor Megan Meier Day!



SPREAD KINDNESS

- Perform a random act of kindness
- Leave a **#ChangeStartsWithMe** card
- Repeat!

You can download more #ChangeStartsWithMe cards at www.meganmeierfoundation.org.

WEAR BLACK AND WHITE POLKA DOTS

Megan loved black and white polka dots. She would paint them on her nails and wear ribbons in her hair and on her wrists.

In Megan's honor, wear black and white clothing or accessories to raise awareness.

SHARE ONLINE

- Share Megan's Story on your social media accounts.
- Post your photos doing acts of kindness and wearing black and white and tag them **#ChangeStartsWithMe**
- Share your pictures on the Megan Meier Foundation Facebook and Instagram