



IMPACT
2007-2024

REPORT

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How can LOVE
change the
world?

Our **MISSION**

Day Without Hate is a student-led initiative dedicated to promoting peace, nonviolence, and mental health awareness in our schools and communities. We believe that **every individual deserves a safe and respectful environment**, and we strive to create a culture of empathy, understanding, and unity.

ABOUT US

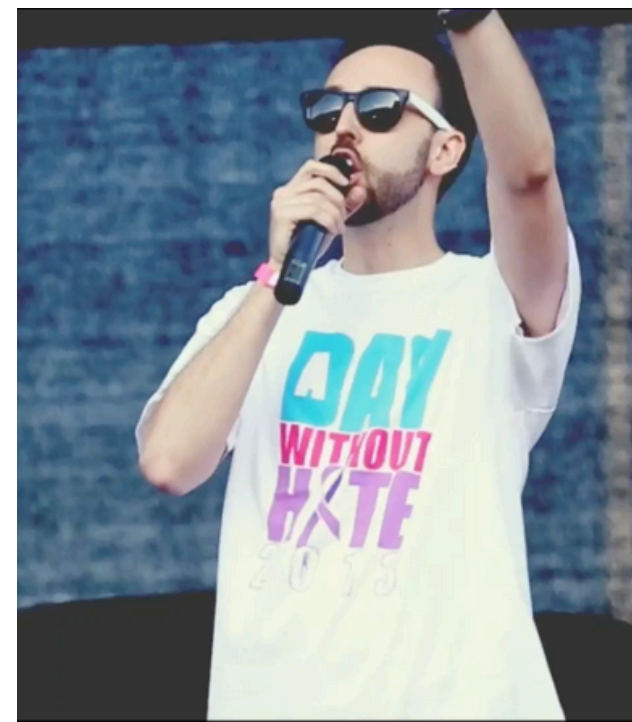
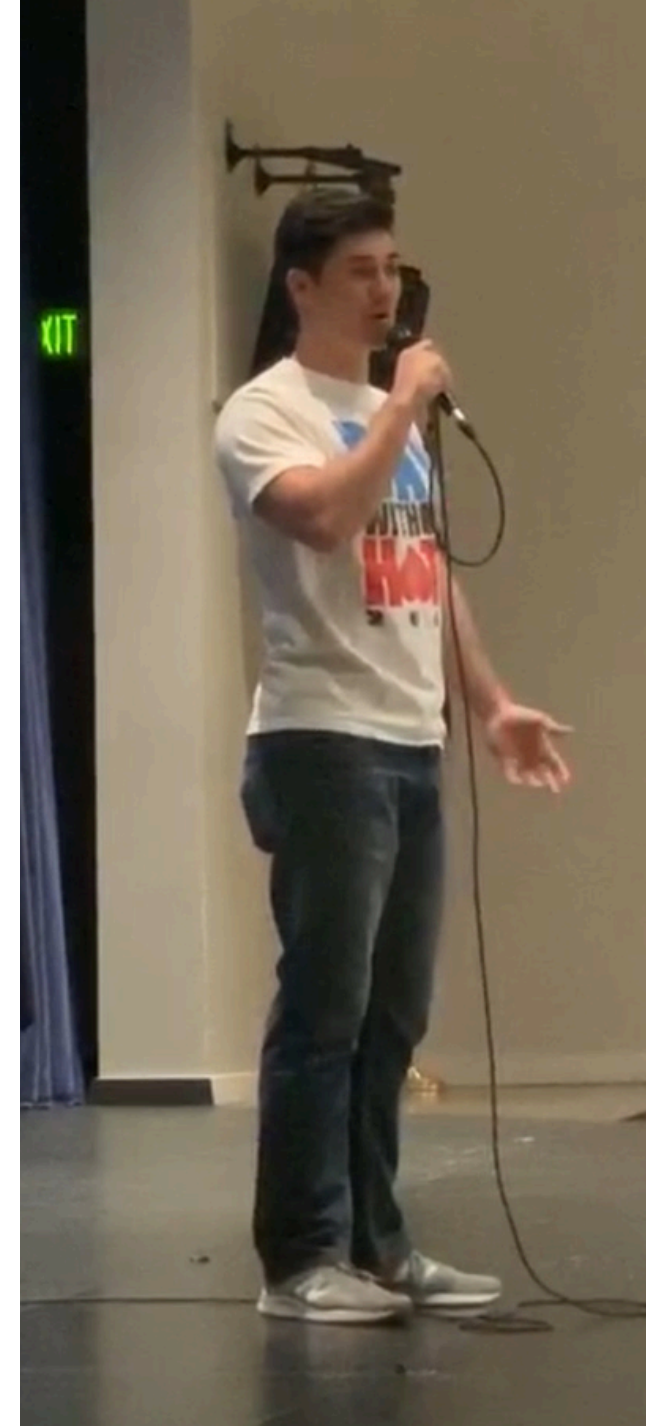
Day Without Hate is a student-led initiative promoting peace, nonviolence, and mental health awareness in our schools and communities. Founded in Colorado in 2007 after the rise of school shootings, Day Without Hate's efforts were awarded "The Global Call to Action" by 14 Nobel Peace Laureates nonprofit, PeaceJam honoring their peace movement. Day Without Hate has been recognized annually in May by Proclamations from the Governor of Colorado and mayors of Denver and Arvada. What started as a grassroots movements is now in 35 states and 7 countries and rapidly growing.



OUR STORY

Day Without Hate began as an idea at Standley Lake High School in Westminster, Colorado. In 2007, after yet another tragic school shooting, English teacher Ben Reed asked his students what could be done about the influx of school hatred and violence. Their answer: a day where no one is allowed to hate. Thus, the movement began promoting the core ideals of nonviolence, respect, and unity at elementary, middle, and high schools throughout the world.

Since the time of the movement's birth, Ben and one of the 12 founding students, Adam Baca, have been champions of the grassroots initiative and dedicated their time in helping to cultivate young leaders to elevate impact in their communities and to create environments of peace and unity.



OUR Founders



Ben
REED

TEACHER FOUNDER

Ben Reed is the teacher-founder of Day Without Hate. His senior English classes at Standley Lake High School in Westminster, Colorado brainstormed the original idea back in 2007.

"I kind of just threw my lesson plans out the window and started talking," Reed recalls about his response to the Virginia Tech shootings. As he and the students talked about the devastation, trying to make sense of why they were happening, an idea was born -- a day where students could transcend the groups and cliques of high school and come together in support of peace and nonviolence.

Since then, he has spoken at elementary, middle, and high schools to promote the ideals of Day Without Hate - nonviolence, respect, and unity.

OUR Founders



Adam
BACA
STUDENT CO-FOUNDER

Adam Baca is one of the original 12 student-founders of Day Without Hate. In 2013, he won PeaceJam's Nobel Peace Laureate's "Global Call to Action Award" for his work with Day Without Hate as one of the original student founders.

Passionate about making change, Adam continued championing the mission of Day Without Hate over the course of 17 years, bringing in key influencers, speakers, and ambassadors to support and grow the crucial message that Day Without Hate brings to the world.

Adam served as a Director & Producer for the Emmy Award winning Documentary and now serves as one of the founding Advisory Board Members.

He believes we are all socially responsible to make the world a better place than we found it.

Our Core VALUES



1 EMPOWERMENT

We believe that students should be empowered to take ownership of their actions and become leaders in promoting peace and nonviolence.

3 COMPASSION

We believe that compassion, empathy, and understanding are essential for creating a culture of peace and nonviolence.

2 INCLUSION

We believe that every individual deserves to be respected and included, regardless of their background or differences.

4 SUSTAINABILITY

We believe that sustainable programs are essential for creating lasting change and impact.

1

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We believe that every student deserves a safe and respectful environment.

2

.....

We believe that every student has the power to make a difference.

3

.....

We believe that promoting peace and nonviolence is crucial for creating a positive school culture.

4

.....

We aim to create a culture of peace and nonviolence in schools, promote respect, empathy, and understanding among students, and provide a safe and supportive environment for students to express themselves and share their concerns.

Our Key MESSAGES



OUR EMMY AWARD WINNING

FILM

CLICK HERE
TO WATCH
THE FILM



The Day Without Hate Documentary film highlights 15 years of students' progress toward mental health advocacy, anti-bullying, and nonviolence initiatives. The film has won an Emmy Award, 2 Telly Awards, an Anthem Award, and a Davey Award and garnered acclaim at multiple U.S. and International film festivals, including winning the honor of "Best Social Justice Film."

MESSAGE FROM THE PRESIDENT



Dear Friends,

When you visit the Columbine memorial, you'll read profound words from students, teachers and the community inscribed on the memorial. One of those is, 'Rather than a loss of innocence, I've got to hope that something like this encourages us to be better people.'

As someone who witnessed a non-lethal school shooting on my own High School campus, I know firsthand the devastating impact that hate, violence and mental health issues can have on individuals and communities. I also know that our mission is not to dwell on the darkness, but to use it as a catalyst for change. As a Father to five, it's deeply personal and important to me that we come together as humans to support our children in loving and understanding one another.

Our organization's purpose is to affect the hearts of humans, to inspire empathy, compassion, and kindness. We believe that by doing so, we can create a ripple effect that saves lives, one heart at a time. Today, we stand together in solidarity against hate, and we recommit ourselves to fostering an environment where every student feels valued, respected, and safe.

We are proud to celebrate the significant milestones of Day Without Hate. From its humble beginnings as a grassroots movement in 2007, Day Without Hate has grown into a respected and recognized cause committed to promoting peace, nonviolence, and mental health awareness in our schools and communities. I want to recognize all of the individuals who have dedicated so much of their time and heart to the beginning growth of the movement including co-founders Ben Reed and Adam Baca—without your devotion to bettering the world, this crucial message would not exist.

In 2024, we took the next step in our journey by incorporating as a non-profit organization, solidifying our commitment to our mission and values. This milestone marks a significant achievement for our organization, as it allows us to further amplify our impact and reach more students and communities across the globe.

Thank you again for your support.

Sincerely,

SCOTT Yenzer, President

By the NUMBERS

17
Years

35
States

7
Countries

5+
State & City
Proclamations

1
Award
from
Nobel
Peace
Laureates

1
Emmy
Award

2
Telly
Awards

9
Film
Festivals

1
Top-rated
Great
Nonprofit
award

OUR Board of Directors



Scott
YENZER
PRESIDENT



Jayme
VOLODARSKY
VICE PRESIDENT



Sarah
MURPHY
TREASURER

OUR Board of Directors



Scott
YENZER

PRESIDENT

Scott Yenzler is a seasoned executive with a proven track record of driving growth having led organizations through strategic acquisitions and global expansion. With a strong background in corporate safety and culture, he is committed to creating a safe and supportive environment for students. A school shooting witness and survivor himself, as Board President of Day Without Hate, Scott is eager to leverage his extensive network of local and global relationships to advance the organization's mission. His experience working with products and initiatives to enhance environmental services will serve as a foundation for developing innovative programs to promote mental wellness. Throughout his career, he has demonstrated his ability to drive growth and success in executive, operations, business development, and corporate development functions. Scott has also demonstrated his commitment to community service by serving on various boards and committees, including the Opportunity Coalition and the American Lung Association. As a business owner and entrepreneur, he has developed a unique understanding of the importance of building strong relationships and fostering a culture of collaboration and brings this experience to help advance Day Without Hate's mission. Scott earned his degree in civil and structural engineering from California State Polytechnic University-Pomona.

OUR Board of Directors



Jayme
VOLODARSKY

VICE PRESIDENT

Jayme Volodarsky is an entrepreneur who has successfully scaled The Studio Denver, a multi-location brick and mortar concept, with a remarkable 250% growth in just six months.

With a proven track record of developing and executing effective brand strategies, conducting competitive analysis, and managing budgets and revenue planning, Jayme leverages her experience to foster strong, sustainable, and mission-driven leadership on the board of directors to ensuring for Day Without Hate's continued success.

As a dedicated mother of four, Jayme brings a blend of compassion, leadership, and family engagement to her role as a board member for Day Without Hate with a commitment to creating safe and supportive environments where students can thrive.

Jayme holds a Bachelors of Fine Arts degree from the Academy of Art San Francisco.

OUR Board of Directors



Sarah
MURPHY

TREASURER

Sarah Murphy is the owner of Omni Neurofeedback, a neurofeedback specialist center dedicated to helping individuals achieve peak performance, recover from concussions, build mental resilience, overcome sleep disorders, manage stress, and achieve a flow state.

Her diverse client base includes professional athletes, children and teenagers, C-suite executives, and performers seeking an edge. Sarah holds certifications as a Life Coach and Brain Coach through the renowned Amen Clinics, equipped to understand the complex relationships between brain function, behavior, and overall well-being.

With a passion for helping others overcome their own health challenges and achieve their goals, Sarah is dedicated to student mental health, she brings a unique perspective on the importance of brain function and neuroplasticity in shaping mental well-being.

By leveraging her expertise in brain function and behavior, Sarah advances evidence-based solutions to improve student mental health outcomes and promote overall well-being.

OUR Board of Advisors



Adam
BACA

LEADERSHIP COACH
SPEAKER



Tec
SUN

DEI ADVISOR

OUR Board of Advisors



Adam
BACA

LEADERSHIP COACH
SPEAKER

As one of the original co-founders, Adam has been pivotal in the development and growth of Day Without Hate throughout the program's history.

Adam speaks and leads peace workshops across the United States as well as mentors and coaches young change makers on how to leave a lasting legacy.

Continuing his commitment to better the lives of those around him, in 2017 Adam founded Colorado's largest mens book club - The UnCommon Man. A place where men come together for deep connection, self development, and conversations to improve their lives. He helps men improve their health, fitness, relationships, and achieve their mission through his coaching programs.

Adam's devotion to peace, inclusion and personal development as well as his leadership within the community brings an essential key asset to the Advisory Board.

OUR Board of Advisors



Tec
SUN

DEI ADVISOR

Tec Sun is the Equity, Diversity, Inclusion (DEI) Coordinator for Jefferson County, Colorado. With over 5 years of experience in leadership roles, Tec has a proven track record of facilitating events, building strong relationships, and providing vision and direction to local networks. As a passionate advocate for social justice and equity, Tec is dedicated to creating an inclusive environment that values diversity and promotes positive change in the community.

In his current role as DEI Coordinator, Tec is responsible for developing and implementing strategies to promote diversity, equity, and inclusion throughout the county. He has also worked in various roles at Denver Rescue Mission, Providence Network with a focus in program management, community development, and non-profit leadership.

Tec holds a certification as a Certified Diversity Professional (CDP) and is committed to staying up-to-date on the latest best practices in DEI. He is dedicated to empowering individuals and communities to work together towards a more just and equitable society.

OUR Leadership Team



Sarah
MARIE
CHIEF EXECUTIVE OFFICER



Sarah
HAMILTON
CHIEF IMPACT OFFICER

OUR Leadership Team



Sarah
MARIE
CHIEF EXECUTIVE OFFICER



As a mom of two high school students, Sarah Marie knows firsthand the importance of promoting peace, non-violence, and mental health awareness in schools.

Sarah began her work with Day Without Hate in 2018, using her platform as an ambassador and speaker to promote the cause and raise awareness about the importance of kindness and empathy. While serving as United States of America's Ms. Colorado, she continued to advance the mission and message of Day Without Hate through her vast networks and online communities, which was the catalyst that led to the filming of the organization's Emmy award winning documentary.

In 2024, Sarah merged her background in business and marketing with her advocacy work to lead the transformation of Day Without Hate's grassroots movement into a 501c3 nonprofit organization. As a trained mandatory reporter through the State of Colorado Office of Children, Families and Youth, Sarah is committed to supporting the well-being of children and families globally.

Sarah holds a Bachelor of Science Degree in Entrepreneurship from the University of Utah's David Eccles School of Business and has an extensive background in Start Up Development, Brand Strategy and Strategic Growth.

OUR Leadership Team



Sarah
HAMILTON

CHIEF IMPACT OFFICER

Sarah Hamilton is a social scientist and two-time Emmy-winning social impact filmmaker. For two decades, changemakers—including nonprofits, universities, and Nobel Peace Laureates—have partnered with Sarah to advance their social impact and humanitarian initiatives.

Notably, Sarah has served on the nonprofit advisory board for Nobel Peace Laureate Desmond Tutu, and served as a Delegate at the World Summit of Nobel Laureates for Peace (XiX) and the United Nations Commission on the Status of Women (CSW65). Sarah was appointed to the U.S. Department of State's Fulbright Specialist Roster for her social impact expertise and has taught a Nobel Peace Studies Course at Duke University.

Her award-winning social impact films have received critical recognition, earning two Emmy Awards, Anthem and Telly Awards, and accolades at prominent film festivals, including honors for Best Social Justice Film. Sarah has been featured as social impact expert on major media platforms, including NBC, ABC, CBS, PBS, KTLA, Parents, Best Life, and recognized as a “Social Impact Hero” by Authority Magazine and a “Social Impact Expert” by Forbes.

Sarah graduated summa cum laude with a Master’s Degree in Public Administration and Public Policy and earned a B.A. in Sociology and Anthropology with honors. Currently, she is a PhD candidate at the University of Sunderland in England.

Since 2018, Sarah has championed Day Without Hate by conducting program evaluations, drafting state proclamations, leading advocacy efforts, and creating its documentary.



OUR Student Leadership Board



The Day Without Hate Student Leadership Board plays a crucial role in advancing the organization's mission and values. The board members are pivotal in shaping the programming, delivery and student outreach for Day Without Hate. They are the core advocates for students around the world in leading and furthering the mission of our program.

GOVERNING MEMBERS:



Lexi
TAYLOR
PRESIDENT



Liv
KENLEE
VICE PRESIDENT

OUR Student Leadership Board



Lexi
TAYLOR

PRESIDENT

Lexi Taylor, National American Miss Colorado Preteen 2024.

As a Freshman at Denver East High School, Lexi has already made a significant impact in her community through her kindness, compassion, and dedication to making a difference. When she's not excelling in the classroom, rooting for her school as a JV Cheerleader or gracing the stage with the East High Dance Company, Lexi is passionate about helping others through her volunteer work with A Precious Child, a local organization that provides school supplies and other essential personal items to disadvantaged children in need throughout Colorado.

Lexi also helps to empower teen girls to establish healthy habits and be the best versions of themselves through her podcast, The Happy Habits Project.

She believes that every individual has the power to make a difference by spreading love, kindness, and acceptance.

OUR Student Leadership Board



Liv
KENLEE
VICE PRESIDENT

As a sophomore at Niwot High School, Liv Kenlee is a dynamic and multi-talented leader who excels both in and out of the classroom. A dedicated Honor Roll student, Liv is committed to academic excellence.

Beyond her studies, Liv is a passionate athlete, playing competitive club volleyball, where she showcases her teamwork and leadership skills. Her talents extend to the courtroom as well, where she is an active member of the mock trial team, honing her public speaking and critical thinking abilities.

In 2023, Liv was crowned USOA Teen Colorado, a title that reflects her poise, confidence, and commitment to her community. Additionally, Liv is an accomplished artist, using her creativity to express herself and inspire others. Learning to speak Japanese, she embraces cultural diversity and is passionate about building connections across different communities.

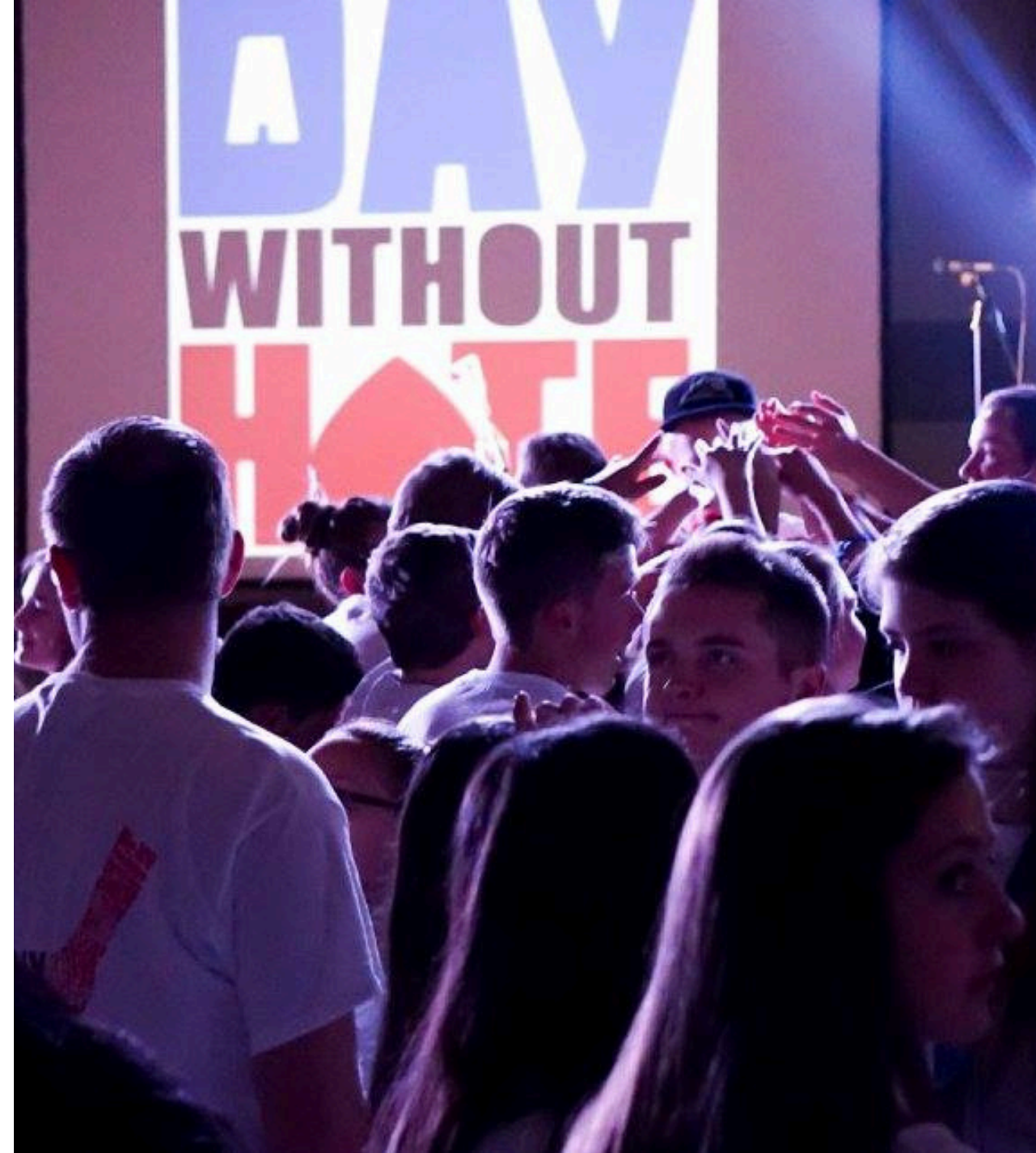
Liv is driven by a desire to make a positive impact, and she is a strong advocate for using one's talents and passions to serve others.

OUR PROGRAM

Day Without Hate: A Student-Led Initiative for Promoting Nonviolence, Respect, and Unity in Schools.

OVERVIEW

Day Without Hate is a student-led, grassroots organization that promotes nonviolence, respect, and unity within schools. The program aims to create a sense of unity in school communities by encouraging students to set aside differences and be accepting and tolerant in a real-life environment.



Program **OBJECTIVES**



- 1 To create a culture of peace and nonviolence in schools by promoting respect, empathy, and understanding among students.
- 2 To provide a safe and supportive environment for students to express themselves and share their concerns.
- 3 To empower students to take ownership of their actions and become leaders in promoting peace and nonviolence.
- 4 To raise awareness about the impact of bullying and violence on students and school communities.
- 5 To provide a platform for students to share their stories and experiences with bullying and violence.



Program **COMPONENTS**

1

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Poster Campaign:

Students create posters with messages of hope, peace, and inspiration. These posters will be displayed throughout the school on the day of the event.

2

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Wear White:

Students encouraged to wear white clothing or Day Without Hate T-Shirts to show their commitment to promoting peace and nonviolence.

3

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Wall of Promises:

Students create a "Wall of Promises" where they can write promises to themselves or others to promote peace, nonviolence, unity and acceptance.

4

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Letters of Amends:

Students create a "Letters of Amends" station where they can write letters to apologize or thank others.

5

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Promotion:

Students promote the event through social media, text messages, and other forms of communication.

6

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Watch Film:

Students are encouraged to show the 10 minute Emmy-Award Winning Day Without Hate Documentary.

7

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Rally Event:

Students organize a Rally or Assembly in celebration of peace and unity.



Student Ambassador Program

As part of our ongoing efforts to engage youth in promoting a culture of acceptance and inclusivity, we launched the Student Ambassador Program. This innovative initiative aimed to identify and empower groups of dedicated and passionate high school students across the globe to become leaders and champions for our organization's mission.



DEVELOP LEADERSHIP SKILLS

Provide students with opportunities to develop their leadership abilities, communication skills, and confidence in speaking out against hate and discrimination.



INCREASE AWARENESS

Educate students about the importance of promoting a culture of inclusivity, respect, and empathy, and provide them with the tools and resources to share this message with their peers.



BUILD COMMUNITY

Foster a sense of belonging and connection among student ambassadors, encouraging them to work together towards a common goal of creating a more positive and inclusive school environment.



AMPLIFY VOICES

Provide students with a platform to share their thoughts, experiences, and ideas on how to promote Day Without Hate and other related initiatives.

STUDENT AMBASSADOR

PROGRAM OBJECTIVES

PROGRAM STRUCTURE

- **Application and Selection Process:** Students apply to become ambassadors, submitting an essay or video showcasing their passion for the cause and their commitment to promoting inclusivity.
- **Training and Orientation:** Selected ambassadors participate in an intensive training program, covering topics such as conflict resolution, peer mediation, and social media engagement.
- **Leadership Roles:** Ambassadors take on leadership roles within their schools, organizing events, leading workshops, and participating in social media campaigns.
- **Mentorship:** Ambassadors are paired with adult mentors who provide guidance, support, and encouragement throughout the program.
- **Evaluation and Recognition:** Ambassadors are evaluated on their participation, leadership skills, and impact on their schools and communities.

STUDENT AMBASSADOR

STRUCTURE & OUTCOMES

PROGRAM BENEFITS & OUTCOMES

- Leadership development opportunities
- Enhanced communication skills
- Increased confidence
- Networking opportunities with like-minded peers
- Recognition for their efforts
- Opportunities for college applications and scholarship applications

GLOBAL TSHIRT CONTEST

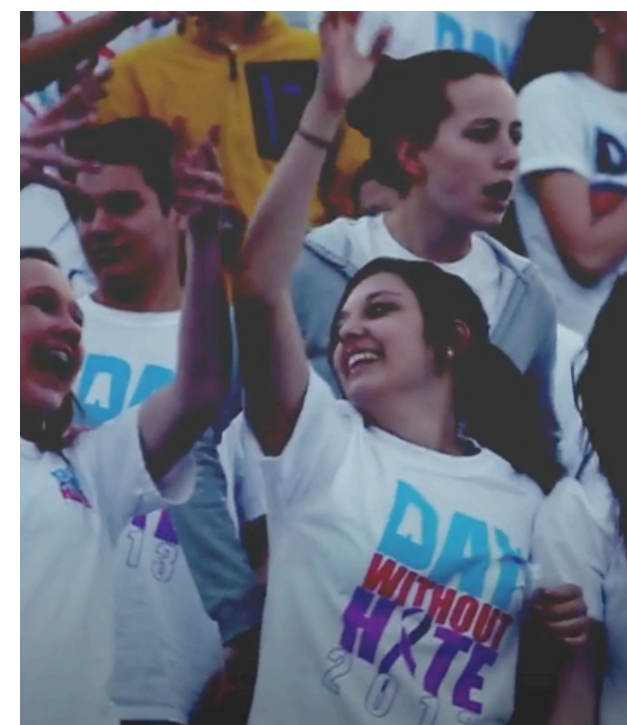
In our continued effort to foster a culture of social responsibility and community engagement, our organization launched a student T-shirt design contest. This innovative initiative aimed to empower students to use their creativity to promote a positive message of acceptance, tolerance, and unity.

By providing a platform for students to express their thoughts and feelings on the importance of combating hate and discrimination, we encouraged young people to take an active role in shaping a more inclusive and compassionate society.

The contest not only showcased the incredible talent and creativity of our youth but also helped raise awareness about our organization's mission to promote a Day Without Hate.

The annual winning design is featured on our website and social media channels, and on all of the event T-shirts for that year, reaching a wide audience and inspiring others to join us in our efforts.

This program provides a valuable learning experience for the students involved, teaching them the importance of empathy, active citizenship, and the power of art as a tool for social change while also giving them an active role in our organization.



SCHOOL KITS

The "Day Without Hate" School Kit is a free downloadable resource designed to help students and educators organize a Day Without Hate event at their school to promote a culture of empathy, peace, nonviolence, kindness, and inclusivity.

These resources are designed to be adaptable to different age groups and educational settings, providing a comprehensive toolkit to implement our program at no cost to the school.

Free Downloadable School Kit Includes:

- **Lesson Plans and Activities:** A set of interactive lesson plans and activities that focus on promoting empathy, understanding, and kindness. These may include role-playing exercises, group discussions, and writing prompts.
- **Posters and Signage Ideas & Printables:** Posters and signs with inspiring messages promoting kindness, acceptance, and inclusion. These can be displayed throughout the school to create a positive and uplifting atmosphere.
- **Teacher Resources:** A guide for teachers with tips on how to lead the activities, address potential challenges, and integrate the lessons into their curriculum.
- **Student Resources:** A guide for students on how to present Day Without Hate to school administrators, how to lead a committee, timelines and suggestions on when and how to implement.
- **Rally Event Guide:** Ideas, structure and guidelines on how to execute a Day Without Hate Assembly, Rally and/or other type of event.





Our Priority SDGs

At Day Without Hate we believe that every individual deserves to live a life of dignity. That's why we're committed to achieving the United Nations' Sustainable Development Goals (SDGs), a set of 17 integrated and interrelated goals that aim to end poverty, protect the planet, and ensure humanity enjoys peace and prosperity by 2030.

These goals are not just aspirational - they are a call to action for all of us to work together to create a better world. Our work is guided by the following SDGs:

3 GOOD HEALTH
AND WELL-BEING



4 QUALITY
EDUCATION



16 PEACE, JUSTICE
AND STRONG
INSTITUTIONS





Our Priority SDGs

3 GOOD HEALTH AND WELL-BEING



SDG 3: Good Health and Well-Being

By promoting mental health and well-being through positive relationships and a sense of belonging.





Our Priority SDGs

4 QUALITY EDUCATION



SDG 4: Quality Education

By promoting a safe and inclusive learning environment, the program aims to provide quality education that is free from hate and discrimination.





Our Priority SDGs

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



SDG 16: Peace, Justice and Strong Institutions

By promoting peaceful and respectful relationships among students, teachers, and community leaders, the program works towards creating a culture of peace and justice.

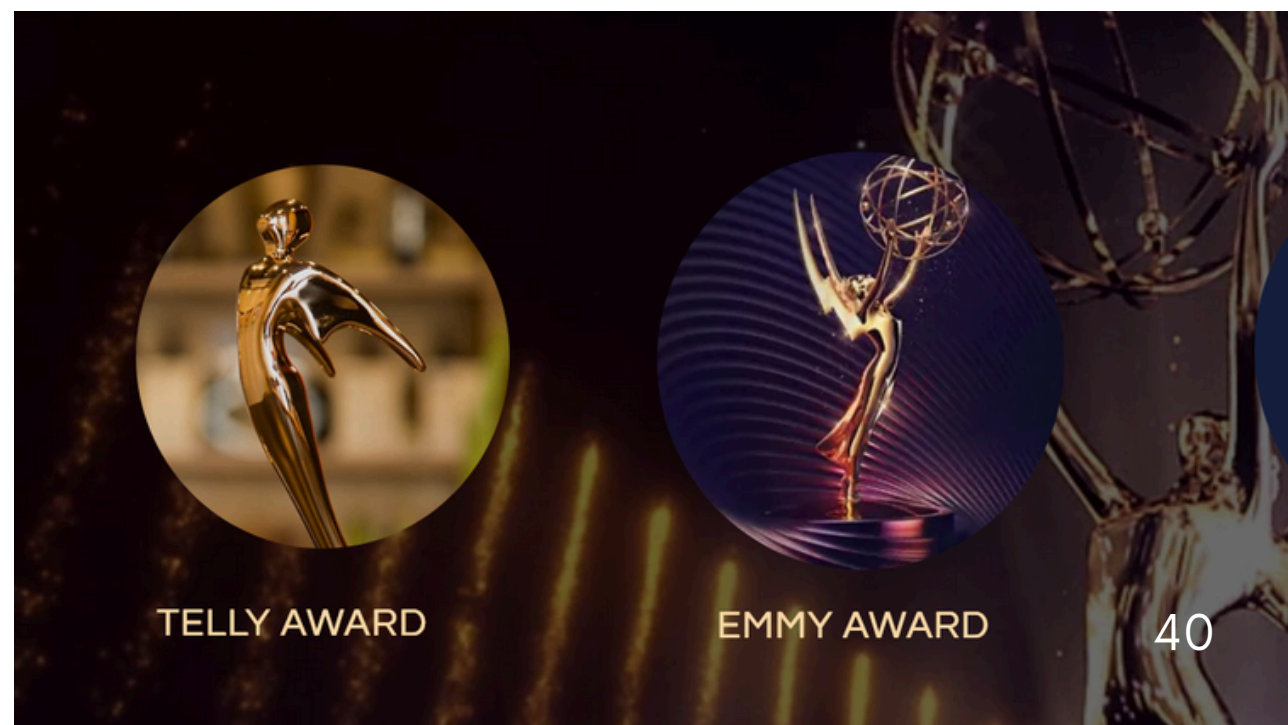




AWARDS & RECOGNITION

FILM INDUSTRY AWARDS

- EMMY AWARD: National Academy Television, Arts & Science | Heartland Chapter
- TELLY AWARD: Gold: Non-Broadcast Pro Bono
- TELLY AWARD: Silver: Social Impact
- ANTHEM AWARD: Silver: Education, Art & Culture
- DAVEY AWARD: Gold: Social Good | Academy of Interactive and Visual Arts





FILM FESTIVAL HONORS

- WINNER: SOCIAL JUSTICE SHORT DOCUMENTARY | Lane Doc Fest
- WINNER: BEST DOCUMENTARY Castle Rock Film Festival
- WINNER: Grand Mesa Short Film Festival
- FINALIST: Portland Bridges to Change Film Festival
- SEMI FINALIST: Knowmad Film Festival: Peace & Human Dignity
- OFFICIAL SELECTION: Lift-Off Film Maker Sessions UK
- OFFICIAL SELECTION: Vero Beach Film Festival
- OFFICIAL SELECTION: Colorado Short Circuit Film Festival
- OFFICIAL SELECTION: Twelve Lions Film Festival

ORGANIZATION AWARDS



- Great Non Profits Award
- Candid Guidestar Platinum Transparency Award
- Global Call to Action Award - presented by Nobel Peace Laureate Betty Williams

The PeaceJam Global Call to Action Award is a recognition bestowed from 14 Nobel Peace Laureates-led nonprofit PeaceJam which honors and empowers young people who are making a positive impact in their communities and who are creating a peaceful world. The award recognizes outstanding individuals or groups of young people who have demonstrated remarkable courage, creativity, and commitment to peace and are making a lasting impact.



Standley Lake honored with award

'A Day Without Hate' Wins PeaceJam Award And Goes National
huffpost.com

PROCLAMATIONS



PROCLAMATIONS

We believe that every individual has the power to make a difference, and we're dedicated to empowering them to do so.

Our team drafted the Day Without Hate State Proclamation, which was officially accepted by the State of Colorado and City of Denver. This proclamation recognizes the importance of promoting peace, understanding, and nonviolence.

As a result of our efforts, the flags at the Colorado State Capitol and Denver City Hall were flown in honor of students' work towards peace and nonviolence on April 24th. This momentous occasion was a testament to the power of youth activism and the impact that can be made when young people come together.

Day Without Hate is committed to continuing to provide resources and support to young people as they strive to create a more peaceful and just world.

Key Highlights:

- Drafted the Day without Hate State Proclamation, officially accepted by Colorado Governor Polis and Denver Mayor Hancock.
- Successfully advocated for flags to be flown at the Colorado State Capitol and Denver City Hall in honor of students' work towards peace and nonviolence.
- Empowering young people to take an active role in creating positive change through education, advocacy, and community engagement.
- Providing resources and support to young people as they strive to create a more peaceful world.



IMPACT

From classrooms in the United States to schools in Australia, Europe, and beyond, this global movement has brought together students, teachers, and staff to raise awareness about the importance of inclusivity and combating hate.

Real Impact. Real Results



Qualitative

DATA

A quantitative analysis of the initiative's impact revealed significant changes in student behavior and attitudes. School districts, teachers, principals, and students have reported the Day Without Hate initiative has had a profound impact on the school community, fostering a culture of kindness, empathy, and respect leading to a noticeable decrease in bullying and harassment incidents. Additionally, students from diverse backgrounds have reported feeling valued and supported, with many expressing increased confidence and a sense of belonging. According to data collected through surveys and incident reports, there has been a decrease in reported instances of bullying and harassment, while student self-reported feelings of safety and inclusivity increased.

Encouraging students to take an active role in creating a positive and accepting environment has allowed them to recognize their responsibility in promoting a culture of kindness and compassion in their schools and beyond. Qualitative research conducted through surveys and interviews with students revealed a shift towards increased empathy and understanding among peers, with many participants citing the initiative as a catalyst for these positive changes. These findings demonstrate the effectiveness of the Day Without Hate initiative in promoting a culture of kindness and respect, and provide valuable insights for future initiatives aimed at fostering inclusive school environments.

Quantitative DATA



As we continue to build upon the success of the Day Without Hate initiative, we are committed to tracking and measuring its long-term impact. To achieve this, we plan to partner with experts in the field of education and social research to develop a comprehensive evaluation plan. This plan will enable us to collect and analyze data on key indicators such as bullying and harassment rates, student well-being, and inclusivity perceptions, allowing us to gauge the initiative's effectiveness and identify areas for improvement.

Through these partnerships, we will also be able to stay abreast of best practices in social-emotional learning, diversity, equity, and inclusion, ensuring that our initiatives remain cutting-edge and effective. By leveraging the expertise of our partners and utilizing innovative research methods, we will be able to track the ripple effect of kindness and compassion throughout the year, and make data-driven decisions to sustain and expand our efforts.

TESTIMONIES

As we reflect on the past 15 years, we are most proud of the countless stories of growth, resilience, and triumph that have unfolded within our community.

One of the most powerful ways to capture these experiences is through the voices of our students themselves with testimonials who have been impacted by our programs and initiatives, offering a unique perspective on the transformative power of education.

Their stories illustrate the ways in which our efforts have helped them overcome challenges, develop new skills, and pursue their passions. By sharing these testimonies, we not only celebrate their successes but also highlight the importance of student voices in shaping our understanding of what works and what doesn't. These stories serve as a testament to the impact we can have on young lives, and we are honored to be a part of their journey.



TESTIMONIES

"A simple act of kindness can change someone's life, and that was the goal for Tracey. As captain in my leadership group, we gathered up information about Tracey. We contacted her co-workers and friends. A couple of days later we had enough details to craft punny cards, a giant poster, sweet treats, and flowers. At 2:35 on April 27 (Day Without Hate), we surprised Tracey at her work. The thing that made this event such a highlight was that I impacted a stranger's life. I didn't know Tracey at all. The only thing I knew was that she supported my high school. Day Without Hate, to me, is about being together and amplifying the good aspects in each other and yourself. This project for Tracey was a great example of compassion, and my commitment to nonviolence, respect, and unity."

Destiny Durate

JEFFERSON HS

"It is a compelling skill to be able to love somebody when they are different from oneself. A stranger is harder to care for than a similar, comfortable friend. I've learned there are people in the world who follow the path of real compassion. Service is more than being nice. It is not lethargy and laziness. It is not being content and contemptuous. It is not in bright smiles concealing sardonic backstabbing. It is continually being an active force for good in the world."

Benton Meldrum

DAKOTA RIDGE HS

"Day Without Hate starts with reaching out kindness to those who need it the most and taking the high road when being teased or bullied. For example, I was sitting in the cafeteria and a group of skaters were chuckling and giving me dirty looks. They asked me if I liked Justin Bieber because of the hoodie I just bought. I unknowingly bought a Justin Bieber "Purpose World Tour" hoodie simply because it looked cool on the mannequin at H&M. They were attempting to provoke a fight out of me, but instead, I offered them some chips. They looked confused and immediately stopped teasing me, demonstrating how far the high road can take you, and how powerful Day Without Hate can really be."

Angus MacInnis

BEAR CREEK HS

"To me, the most fulfilling thing in the world is giving a piece of myself to others. This piece may be time, a smile, kindness, or advice, but in the end it's all a piece of me. As a result of this passion, I volunteer at St Anthony's Hospital every week for four hours. Since I help out in the post-anesthesia care unit, I've seen a lot of suffering. Although I can't provide medical healing, I can sit and chat, just listen, or hold trembling hands. I see the shimmer of compassion reflect back to me in the eyes of the patients and their family members; some have even told me that because of our interactions they'd like to start volunteering after they recover. That may not mean much to other people, but to me that means I've truly succeeded in helping another human being."

Shannon Hannaway

WHEAT RIDGE HS

"Everyone deserves to be treated with respect. I have always found this to be true, but it became more so a reality when I joined Unified Sports (Special Olympics). I remember my first basketball practice I went to. The athletes didn't hesitate to converse with me and welcome me even though I was a complete stranger to them. I strive to embody more of their characteristics, especially their optimism. Knowing they have overcome hardships far greater than I have or probably will, and with a grin still on their faces, is sincerely inspiring. They cheer for whoever scores even if they are on the opposing team. These athlete have taught me a valuable lesson: to give everyone an equal chance while embracing your individuality and differences."

Alex Sanders

WHEAT RIDGE HS

TESTIMONIES

"Day Without Hate inspired me to take action. A few years ago, I was so moved by the Day Without Hate assembly at my school that I decided to write on all three hundred of my Facebook friends' walls. Over the span of three days, I wrote each and every person a personalized complement in honor of Day Without hate. Many of my Facebook friends at the time saw my action and decided to do the same. The support and gratitude I received for my small act of kindness showed me how far a simple compliment could go."

Valerie Abbattista

RALSTON VALLEY HS

"While all the activities at schools were extremely uplifting, satisfying, and uniting, my favorite Day Without Hate moment came at the rally. During the excitement of one of the bands performing, I noticed a student who was enjoying the show alone. To give him a group of students to watch the show with, I decided to step out of my comfort zone, and I approached him to ask if he wanted to sit with our student government for the remainder of the night. Despite being uncomfortable and nervous at first, I realized putting myself in an uncomfortable situation relieved him of his thoughts of discomfort and anxiety. Celebrating unity with a student from a rival high school showed the true power of Day Without hate. Collectively, we are not students from Columbine, Chatfield, Standley Lake, Dakota Ridge, or Wheat Ridge; we are students of unity and nonviolence."

COLUMBINE HS

"I do not have the greatest memory, but I was determined to get to know as many people as I could. To accomplish this daunting task, I tried my best to first know everyone's name on my track team. There were over 80 kids on my team, most of whom I had never met before. We had a team dinner, and instead of spending time with the same people that I have talked to for the past couple years, I decided to go out and not only learn everyone on the team but also try to know them as a person. As we sat down to start playing games, my coach challenged our team learn everyone's name by the end of the season. He then asked if anyone could already do that, not expecting a freshman to raise his hand. I actually got everyone's name correct."

Aaron Cadayong

DAKOTA RIDGE HS

"Chance to Dance is an event I have had the joy and honor of organizing and participating in over the last two years. The purpose of this unique event is to ensure that all students who attend Columbine have the ability to experience a high school dance. Watching shy and unassuming Rose twirl to her heart's content in a dress fit for a princess, helping wheelchair-bound Michael proudly parade around the dance floor, and applauding Mia after a stunning performance in which she dropped into the splits for the finale are only a few of the countless yet unforgettable memories made on these nights. Chance to Dance brings me an unparalleled sense of accomplishment in knowing that the values promoted by Day Without Hate are an inspiration in this celebration of diversity and acceptance."

Tayte Vanosdoll

COLUMBINE HS

"My school community has endured far too many tragedies throughout the last few years, compelling me even more so to spread the impact and grace of DWOH to all students. DWOH creates an inseparable bond within the community that pulls our strength together to endure life's trials. I have seen the impact that DWOH has on individuals in my school, how it can brighten their day, year, or even life as an outlet and source of comfort. For this reason, I became more involved with PeaceJam over the years, brought new friends to club meetings with me, and now am part of the executive leadership board. The friends I had brought with me now share the same love and passion for DWOH that I have, which excites me as more people can spread the word about what a remarkable impact we're making on our community."

Courtney Kauffman

STANDLEY LAKE HS

TESTIMONIES

"I cannot express my joy at having had the opportunity to work deeper into integrating peace in schools. [As a member of the Jeffco Student Health Advisory Committee], we spent the year creating resources for schools in become "Schools Without Hate" for which we would provide banners or stickers for their schools if they could do well to use our materials and lend us feedback to improve their schools. I spent the year doing research into which activities work well for this, and then putting together the sources in "ReciPeace" cards, or games and activities to bond students, classes, and schools together. By Day Without Hate 2015, 40 schools had signed up to try our resources in their schools."

Sonja Barber

GOLDEN HS

"I made a list for myself, one of personal changes I could implement, so that even if change was not occurring rapidly on a large scale, I was making small positive changes daily. It started with coming to school every morning with a smile. I smiled at everyone, no matter if I knew them or not. I believe that everyone can use a little more joy in their day, and I want to be the person that always looks happy to be around others. This accompanied another goal of mine, one to say "hi" to every person whose name I knew. Again, I wanted people to feel valued and worthwhile, to know I respected them enough to remember their name and make an effort to appreciate them."

Sydney Vie

DAKOTA RIDGE HS

"For freshman orientation, I took a group of students and made it a goal to make them feel as welcomed as possible. I made sure they knew they could come to me whenever they needed advice or whenever they needed help with classes. It's weird to think that one little thing you do for someone else could cause a chain reaction or even just make their day a little better, but it does. It creates a positive environment for everyone."

Selena Teyes

JEFFERSON HS

"One person can alter an entire lifetime by solely demonstrating compassion. I have encompasses compassion and everyday try to do something kind for someone else. My passion exudes through my efforts with Day Without Hate. I embody the image of Day Without Hate in always attempting to be there for people, exhibiting kindness and understanding for all, and promoting inclusion within my school and atmosphere. I genuinely strive to make others feel that they belong and matter."

Kaylen Gehrke

GOLDEN HS

STUDENT Impact Videos

Get inspired by the remarkable impact of our students' videos! Students participating in "Day Without Hate" over the years took to the screen to share their stories and experiences. Watch now and be inspired by the remarkable impact one day can make they've made on their schools, communities and beyond!

[DWOH 2013](#)

[Chatfield HS "Brave"](#)

[Day Without Hate 2016 Jeffco](#)

[PeaceJam 2014](#)

[DWOH 2016 Overview](#)

[Widefield 2018](#)

[DWOH 2012](#)

[Downington West 2019](#)

[Chicago Rally](#)

[DWOH 2012 Standley Lake](#)

[Dakota 2014](#)

[Aerospace Academy](#)

[Fairlife 2013 rally](#)

[Peck Elememtry 2013](#)

[Standley Lake 2014](#)

[DWOH 2012](#)

[Patterson Elementary 2013](#)

[Community of Unity](#)

[Patterson Elem 2014](#)

[South Chicago Rally](#)

[Mandaly Middle School 2013](#)

[Ralston Valley High School 2018](#)

[Hillary Gurley 2018](#)

[DWOH 2016](#)

[DWOH Example](#)

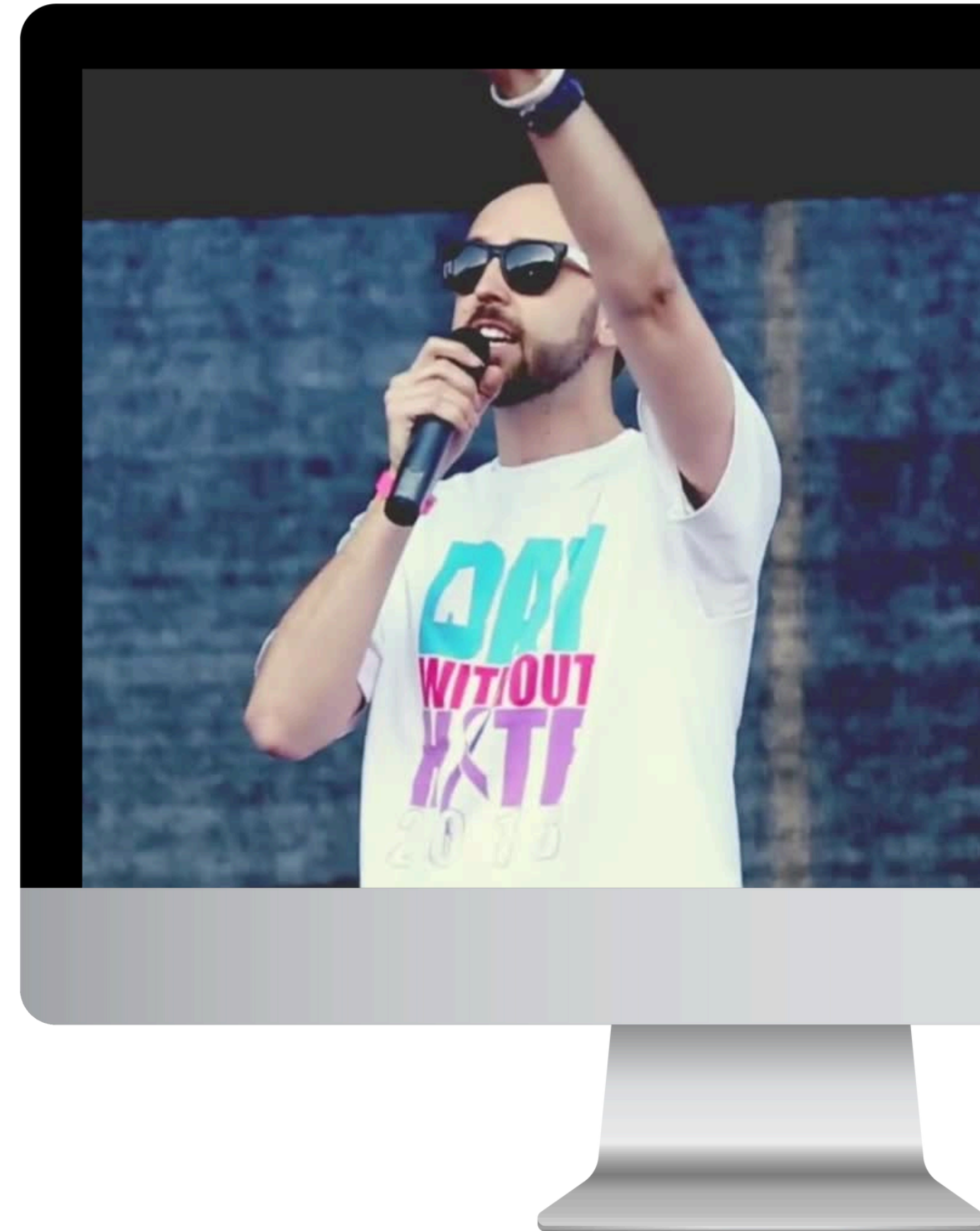
[RVHS DWOH Announcement](#)

[Patterson DWOH Chant](#)

[CU 2012](#)

[Emory](#)

[DWOH 2017](#)



RESOURCES

At Day Without Hate, we believe that everyone deserves access to the resources and support they need to thrive. In our commitment to fostering a culture of connection, we are working to break down barriers and build a stronger, more supportive community for all. That's why we're highlighting the importance of organizations like 2-1-1, the most comprehensive source of information for resources and services in the United States.

Why are resources important?

Students face unique challenges that can impact their well-being and academic success, from bullying and mental health concerns to financial struggles and social isolation. 2-1-1 provides students with a safe and confidential way to access support services, from counseling and mental health resources to food banks and housing assistance, helping them navigate the ups and downs of student life. By connecting students with 2-1-1, we can help them build resilience, stay focused on their goals, and thrive in the face of adversity.



RESOURCES

What is 2-1-1?

2-1-1 is a free, confidential, and 24/7 service that connects you with a team of compassionate, highly trained community specialists. These experts can help you find:

- Health services
- Financial assistance
- Housing support
- Food banks
- Counseling and mental health services
- And much more!

Why choose 2-1-1?

- Confidentiality: Your call or text is private and confidential.
- Anonymous: You can remain anonymous if you prefer.
- Free of charge: There's no cost to call or text 2-1-1.
- 24/7 availability: You can connect with a specialist whenever you need help.

How to access 2-1-1

Calling 2-1-1 is easy! Simply dial 2-1-1 from your phone or text "HOME" to 741741 (Crisis Text Line) to connect with a compassionate specialist.

Additional Crisis Resources

If you're experiencing a crisis, remember that there are additional resources available:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Join the movement

At Day Without Hate, we believe that everyone deserves access to the support they need to thrive. By promoting resources like 2-1-1, we're working together to create a more compassionate and supportive community.

Take the first step today by calling or texting 2-1-1. You are not alone.

[Call-to-action button: Dial 2-1-1 or Text "START" to 741741]



DAY WITHOUT HATE

DAY WITHOUT HATE IMPACT REPORT | 2007-2024

Thank you!

Our deepest gratitude to our incredible founders, students, leaders, teachers, filmmakers, supporters, volunteers and contributors who came together to create a beacon of hope and unity. Your collective efforts to spread love, kindness, and acceptance amidst the challenges we face today are a shining example of the power of human connection.

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