



## MEDIA ALERT

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**For immediate release - September 19, 2022**

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**October 2 - "Upstander Day" Kicks Off NOVA's  
10<sup>th</sup> Annual NO BULLYing Run**

*Proceeds to support NOVA anti-bullying programs in local schools*

**WHAT:** NOVA's first annual "Upstander Day" to stand up against bullying in local schools and the kick-off for the NO BULLYing Run

**WHEN:** Sunday, October 2  
9:00-11:00 a.m.

**WHERE:** Doylestown Central Park  
425 Wells Road  
Doylestown, PA 18901

**DETAILS:** October is National Bullying Prevention Month and Upstander Day brings together adults and children to walk against bullying in Bucks County. It also marks the start of NOVA's 10<sup>th</sup> Annual NO BULLYing Run. This year's NO BULLYing Run is both an in-person and virtual event that raises awareness about the effects of bullying and funds NOVA's anti-bullying programs. Participants can choose their own course and distance with the collective goal of logging 22,808 miles through the month of October, which is one mile for every child that is bullied in Bucks County. Miles can be earned by walking, running, biking, or "rolling" in any form. In addition, Girl Scouts are invited to take part in the run and earn a "Stop Bullying" badge. To learn more or register for the event, go to [www.NOVABucks.org](http://www.NOVABucks.org).

**VISUALS:** Live entertainment, kid-friendly activities, families walking/running in the park.

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### **About NOVA**

NOVA counsels and empowers victims of sexual assault and other serious crimes in Bucks County and works to prevent and eliminate violence in society through advocacy, training, community education and prevention programs. Founded in 1974, NOVA is a non-profit 501(c)(3), community-based organization operating out of three offices in Fairless Hills, Jamison and Perkasie. Services are made possible through the financial support of federal, state and local government grants and contracts, corporations, foundations and private donations. All contributions are tax deductible to the extent provided by law. For more information, visit [www.NOVABucks.org](http://www.NOVABucks.org).

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