"SOARR with PAHMA" Quilt Project

We know that bullying affects people of all age levels and it can have a traumatic effect on the victims. It also causes tension in those that witness it and can have a negative effect on the way people feel in our communities. We state in our leases that residents have the 'right to peaceful enjoyment' of their apartments, when bullying is going on than that right no longer exists. Bullying causes stress and anxiety and that can cause physical illness. The PAHMA Anti-Bullying Committee is committed to the prevention of bullying in our communities. We are asking for your support for our quilt project by bringing your residents together to design the attached fabric square.

Quilt Instructions:

- Use quilt square provided measuring 10"x10" leave a ½" border around the perimeter of the fabric *(No more than 1 quilt square per Property)*
- Fabric squares may be designed with stitching, color threads, beads, appliqués, fabric markers, etc.
- Design MUST represent an anti-bullying idea
- Property name must be on the lower right corner of each square
- Completed application (attached) and quilt squares MUST be received by ~~December 31, 2015~~ August 31, 2016

Mailing Address: PAHMA
Attn: Anti-Bullying Committee
P.O. BOX 199
Glenshaw, PA 15116-0199

**** ALL entries become the property of PAHMA***

For additional information contact us via email at info@pahma.org

IT'S OUR HOME...
NOT A BULLY ZONE

Speak Up
Offer A Hand
Acknowledge
Respect & **R**aise Awareness
With **PAHMA**