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In partnership with:

Canada's  
Organ and Tissue  
Donation Community



# Green Shirt Day - April 7

## School Toolkit

This school toolkit has been adapted by Canadian Blood Services on behalf of Canada's Organ and Tissue Donation Community. We gratefully acknowledge BC Transplant for permission to adapt this material for a broader audience.

## Message to educators

In April 2018, Canadians rallied together in support of the victims, survivors and families of the tragic Humboldt Broncos bus crash that took place in Saskatchewan. Many students and teachers took part by placing hockey sticks in front of their classrooms and wearing their jerseys to school. In 2019, the family of Logan Boulet held the first annual national Green Shirt Day in honour of their son Logan and the Broncos family. They aimed to increase awareness about the importance of organ donation and honour Logan's precious gift. This highly impactful annual campaign is known as Green Shirt Day and takes place on April 7.

Weeks before Logan Boulet was fatally injured in the Broncos bus crash, he had registered his decision to be an organ donor and discussed his wishes with friends and family. The 21-year old defenseman went on to save or help improve six lives through his generous gifts. In the weeks that followed, Logan's story inspired more than 100,000 Canadians to become registered organ donors. This became known as the "Logan Boulet Effect". Today, the Boulet family continues to champion that spirit of giving through Green Shirt Day ([greenshirtday.ca](http://greenshirtday.ca), #GreenShirtDay).

We hope your school will join the Canadian organ and tissue donation community in championing this movement of hope and inspiration by wearing green on April 7. This Green Shirt Day teacher toolkit includes helpful resources and information for elementary and secondary school educators.

Find out more about Green Shirt Day online at [greenshirtday.ca](http://greenshirtday.ca). To find out more about organ donation in each province, visit: <https://organtissuedonation.ca/en>

Thank you for your support!



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## Background

### Why Green Shirt Day?

- In 2018, Canadians were inspired to rally together in support of the Humboldt Broncos following the tragic bus crash.
- Logan Boulet, a 21-year-old defenseman, was one of the Humboldt Broncos players who did not survive the crash. He had registered as an organ donor just weeks before the tragic crash and had spoken to his father about his wishes a year prior. Logan was able to save or help improve six people's lives through organ and tissue donation.
- Though other victims of the Humboldt crash may have wished to become donors, only Logan died in such a way that allowed for donation to be possible.
- As news spread of Logan's selfless act, thousands across the country and world were inspired to register their own intent to become organ donors.
- More than 100,000 Canadians registered to become organ donors in the weeks following the tragedy. This became known as the "Logan Boulet Effect".
- To date, this is the largest number of Canadians registering as organ donors due to one event or person.
- Ninety per cent of Canadians are in support of organ donation. But only 23% say they have registered their decision. Together, we can change that.
- On April 7, the anniversary of the day Logan Boulet became an organ donor, Canadians recognize Green Shirt Day by wearing green and talking about the powerful impact of organ donation.
- The purpose of Green Shirt Day is to honour and remember all the victims and families involved in the Humboldt tragedy, as well as to continue Logan's legacy of inspiring Canadians to register as organ and tissue donors so even in tragedy, lives can be saved.
- Green Shirt Day shows that there is always hope, even in the most tragic situations.
- Green Shirt Day is an opportunity for Canadians to show their support to the Humboldt Broncos and to donor families everywhere.
- The Broncos' team colours are green and gold. Green is the colour of organ donation awareness.
- Visit [Greenshirtday.ca](https://www.greenshirtday.ca) for more information.
- Each province in Canada has a different way to register one's intent to become an organ and tissue donor. Visit [blood.ca/organs-tissues](https://www.blood.ca/organs-tissues) to learn more.

## What is the Logan Boulet Effect?

Logan Boulet registered his decision to be an organ donor just weeks before his passing in the tragic Humboldt Broncos bus crash in April 2018. Logan was inspired to take action by his coach and mentor, Ric Suggit, who had died in on June 27, 2017 and had become an organ donor himself.

After Logan registered his decision, he took the wise and necessary step of sharing his decision with his friends and family. The act of registering his choice and sharing that decision with his loved ones helped prepare them to make the heart-wrenching decision to allow Logan's organs to be donated for transplant.

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*Logan was able to donate his heart, lungs, liver, kidneys, and two corneas.*

*His gifts helped **SIX** people who were waiting for a transplant.*

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The details of this tragic event have reached a wide audience. Since 2018, “The Logan Boulet Effect” has inspired hundreds of thousands of Canadians to become registered organ donors. Logan’s family continues to share their story, making an essential contribution to nationwide public awareness of organ and tissue donation.

Join the Boulet family in spreading the word about the importance of organ donation and honour Logan’s legacy by participating in Green Shirt Day on April 7 and National Organ and Tissue Donation Awareness Week (NOTDAW), the third full week of April.

Visit [greenshirtday.ca](https://www.greenshirtday.ca) to learn more about the Logan Boulet Effect and how hundreds of thousands of Canadians have been inspired to become registered organ and tissue donors.

**Watch the video:** *The Logan Boulet Effect* (TSN)

<https://www.youtube.com/watch?v=LR4Z6n6erJM>

## How can you participate in Green Shirt Day?

On April 7 students and teachers are encouraged to wear green shirts in support of Green Shirt Day and organ donation awareness.

For students at all grade levels, the main message is one of inspiration and hope.

Educators of higher-grade level students can incorporate Green Shirt Day and organ donation discussions in the classroom. Social responsibility, media studies, health and wellness, biology, civics, philosophy and religion are among subject areas where organ donation and transplant can be discussed.

Some examples of discussion topics include:

- Green Shirt Day is the result of an inspiring story going viral on social media. Discuss with students and examine the short- and long-term impacts of a story going “viral”.
- Main stream media interest in Logan’s story was profound and prolific. Search news reports and videos from 2018 and 2019, review and discuss.
- Discuss the concept of altruism in connection with Logan Boulet’s gifts of life. What does it mean to be altruistic? What are examples of altruism?

### What is altruism?

**Altruism** (or selflessness) is concern for the well-being of others. A truly **altruistic** act is something done completely for the benefit of another, without concern for the self.

Consider the following questions:

- What does altruism mean to you and how are you altruistic?
- What can you do to be more altruistic?
- Would you want to be an organ donor?
- Has organ donation or transplant had an impact on your family?
- How does the decision to become an organ donor affect those in our world and community?

### What is social responsibility?

Social responsibility is the recognition that everyone should be contributing members of the local and global community.

### What is human sustainability?

Human sustainability can be thought of as a plan to efficiently use resources to meet current and future human needs. The human body is a valuable resource that contributes to this sustainability. Donation of blood products, stem cells, tissues, and organs can be considered as human recycling through which people can help other people.

# Announcement Ideas

## Elementary School:

1. Hi everyone! April 7 is Green Shirt Day. We would like to ask everyone to come to school wearing green or a hockey jersey to show our love and support to the Humboldt Broncos and in recognition of the Logan Boulet Effect and the importance of organ donation.

2. Hi everyone, just a reminder that Tuesday, April 7th is Green Shirt Day! Please remember to wear your favourite green shirt to show our support to the families who were affected by the Humboldt Broncos bus accident in 2018 and to help keep Logan Boulet's legacy alive by raising awareness about the importance of organ donation. We are excited to see everyone in their coolest jerseys or favourite green shirts!

## Secondary School:

1. April 7 is Green Shirt Day in support of organ donation and the Logan Boulet Effect. It has been two years since the Humboldt Broncos bus crash that affected so many people. But that tragedy inspired over a hundred thousand Canadians to become registered organ donors all because one of the players, Logan Boulet, was able help improve six people's lives by donating his organs. Please come to school wearing green to show your support!

## Newsletter Write-up

On April 7, schools across Canada will be participating in the second annual Green Shirt Day. In 2018, the tragic Humboldt Broncos bus crash impacted the entire country. One of the players, Logan Boulet, was able to help improve six people through organ and tissue donation. His gift showed there is always hope, even in times of great tragedy.

Students can participate on April 7th by wearing a green shirt in support of all those affected by the Broncos accident, and to honour Logan's legacy of selfless giving. Keep the "Logan Boulet Effect" going. Be inspired to wear green and spread the word about the powerful impact of organ donation.

## Share online!

Join the movement online! Inspire the world and show off your school's green on Green Shirt Day - April 7th. Tag your provincial organ donation organization and use hashtags in honour of Logan Boulet. #LoganBouletEffect #OrgansTissuesforLife #GreenShirtDay #HumboldtStrong

(Photo caption: Sylvia and Liam Pearson from NFLD participate in Green Shirt Day 2019. Liam is a lung transplant recipient.)



## Classroom questions

*(Some material has been excerpted from Donate Life California student resources)*

### What is an organ?

Much like a machine, our bodies are made up of lots of working parts. For humans, these working parts are called organs. All of our organs work together in our body, but each organ also has a specific job, such as pumping or cleaning our blood or helping us breathe.

An organ is a structure made of two or more different tissue types that work together to perform a certain job (e.g., digesting food or pumping blood).

Tissue is a group of like cells that together carry out a particular job in the body (e.g., muscle or tendon tissue).

### What is an organ transplant?

Sometimes our organs don't work properly. This can be because of an illness or just something the person was born with. When this happens, doctors will decide if they can replace the organ with a healthy one from someone else.

### Which organs can be transplanted?

Heart – Our heart pumps blood through our bodies.

- The heart is the body's hardest working muscle, pumping blood throughout the body.
- A transplant is needed when the heart gets "tired" or has been weakened by cardiovascular diseases, infections, or birth defects.
- A heart transplant can be performed when a person does not respond to medicines or machines and is otherwise healthy.

Kidneys – Our two kidneys help to clean our bodies of waste. They also make urine.

- Kidneys remove waste from the body by creating urine. Our total blood supply is filtered by the kidneys about once every five minutes.
- Kidneys regulate blood pressure, blood volume, and the chemical (electrolyte) composition of the blood.
- A kidney transplant is used to treat kidney failure, a condition in which the kidneys function only at a fraction of normal capacity. People with this condition require either artificial blood filtering (dialysis) or a transplant to stay alive.
- Reasons for poor kidney function include diabetes, high blood pressure, damage caused by drug overdose or intoxications, or a number of diseases that can be inherited.
- A donated kidney can take over the work of the two kidneys that failed, so the recipient no longer needs dialysis.

Liver – Our liver helps to break down the food we eat.

- The liver is the largest organ in the body and has the capability to regenerate itself.
- The liver helps fight infection and cleans the blood; filters medications and toxins; metabolizes carbohydrates, fats, and proteins; helps in digesting food; and stores energy.



- Liver failure can be caused by viral infections, genetic disorders, or alcoholism. These liver diseases lead to cirrhosis which creates scar tissue that blocks the flow of blood and impedes the liver's functions. Immediate damage to the liver can be caused by drug overdose.
- A liver from an adult donor can often be split and transplanted into two people.

Lungs – Our two lungs help us to breathe.

- The lungs bring oxygen into the body and remove carbon dioxide from the body.
- A person is able to live with only 30 per cent lung capacity although this significantly impacts on their quality of life.
- Reasons for transplant include hereditary issues, smoking, and environmental pollution.
- Single or double lung organ transplants are possible.

Pancreas – Our pancreas helps our bodies to digest food.

- The pancreas is part of the digestive system that produces insulin, a hormone that transforms sugar into fuel for the body.
- The pancreas also produces enzymes that break down fat, protein, and carbohydrates during digestion.
- A person with a poorly functioning pancreas has a surplus of sugar in the blood.
- Excess sugar in the blood can lead to kidney failure, heart disease, stroke, or even death.

Intestines/Bowels – Our intestine turns food and liquid into fuel for our bodies.

- The intestines are part of the digestive system helping the body to absorb nutrients and remove waste products.
- Conditions that create problems for the small intestine include short bowel syndrome, tumors, Crohn's Disease and other inflammatory bowel diseases, and congenital heart defects.
- Small bowels are most commonly transplanted in children.

**Downloadable Posters** (*Donate Life California student resources*): [Transplantable Organs Poster](#)

**Short educational video** – Canadian Blood Services' Learning to Save Lives - organ and tissue donation (1 min 30 sec) [Download](#)

**Lesson plan, homework sheets:** Giving to help others (UK, ages 7-11)  
<http://givingtohelpothers.org/teachers#light1>

## What tissues can be transplanted?

Heart valves

- As the heart muscle contracts and relaxes, the valves open and shut, letting blood flow into different parts of the heart.
- Transplants may be needed because of infection, age-related changes, or malformed valves.
- Some children are born with malformed valves. Heart valves transplanted into a young patient's body will grow with that person.

## Veins and arteries

- The “highway” system of the body is made up of veins and arteries. These tissues carry the blood around the body.
- Veins carry blood filled with carbon dioxide and wastes. Arteries carry blood filled with oxygen.
- Donated veins/arteries are most commonly used for heart bypass surgery or diabetics who are threatened with losing a limb. They are also used to connect a transplanted organ if the recipient’s vessels are damaged.

## Bone

- Bone is the most commonly transplanted part of the body. It provides stability and mobility to the body but also acts as a “mineral bank” for calcium, magnesium, and phosphorus storage.
- Bone tissue is used to restore mobility/function.
  - Other uses include: replacements for bone resections related to tumors and fractures; in traumatic athletic injuries; in reconstruction of the bladder; tendon repairs (knee surgeries); dental surgeries.

## Corneas

- The cornea is the clear covering of the eye and is the only living tissue in the human body that does not contain blood vessels. Patients who need a transplant are those who have a disease, scar, or active infection involving the cornea.

## Skin

- Skin is the body’s first line of defense against microbes.
- Skin, removed from the donor’s back or legs in paper-thin, nearly transparent layers, is used as a temporary cover while the recipient’s skin heals.
- Skin donation may be required because of burns, cancer lesions, diabetic foot ulcers, or genetic blistering diseases.

## Connective Tissue

- Connective tissue is the cellular “glue” of the body. It gives the tissues their shape and keeps them strong.
- Connective tissues support, bind, and anchor tissues to one another and interconnect organs. Tendons and ligaments are examples of connective tissue.
- Connective tissue transplant can be done as a result of trauma or cancer.

**Downloadable Posters** (*Donate Life California student resources*): [Transplantable Tissues Poster](#)

**Short educational video** – Canadian Blood Services’ Learning to Save Lives - organ and tissue donation (1 min 30 sec) [Download](#)

**Lesson plan, homework sheets:** Giving to help others (UK, ages 7-11)  
<http://givingtohelpothers.org/teachers#light1>

### **Where do the organs come from?**

Organs can come from a living person or someone who has died. A living donor is someone who wants to help by giving all or part of a healthy organ. A living donor can donate one kidney or a part of the liver. Sometimes someone who has died can also share their organs. In this case, the person and/or the person's family generously agrees to donate the organs to help someone else live.

### **How does the new organ get inside a person?**

The person will need to have an operation in the hospital. After the operation, the person might have a scar from where the doctors took out the organ that didn't work and put in the new one. This will be sore for a while, but it will heal.

### **What happens after someone receives an organ transplant?**

After the transplant, it will take some time to heal and the person may have to stay in the hospital. The person will also have to take medicine every day to keep healthy and may get sick more than you do, or visit their doctor often - but in most cases, once they are feeling better, a person can do everything that you can do.

### **How can you help someone who has had an organ transplant?**

Right after a transplant, the person might be more tired than usual but you can do quiet things together with them like reading, crafts or playing games. If the person is coming back to school after a long absence, he or she might be nervous or need to catch up on school work. You can help the person in class, answer questions, invite the person to eat lunch with you, and be a friend. Also, because someone with an organ transplant can get sick more easily, it is important to wash your hands often and not visit the person when you are sick.

### **Can a patient receive organ or tissue from anyone?**

No. A donor and transplant recipient must be a medical match for a transplant to take place.

### **What is a medical match?**

Before an organ or tissue donation can take place there must be a medical match established between the donor and the recipient. White blood cells have the job of attacking all "foreign things" that enter the body and may identify donated tissue or organs as "foreign things."

During transplant surgery, a person's immune system may detect that the antigens on the new organ's cells are different or not "matched." The more similar the antigens are between the donor and recipient, the less likely that the organ will be rejected. Once the donation has been successfully transplanted into the recipient, that person must take medication for the rest of their life to avoid rejection of the donated organ or tissue.

## Conversation Starters

Starting a conversation about death or dying is hard. Most of us avoid talking about sad things but today – Green Shirt Day – is a good day to break the ice. Take a conversation starter home and talk it through with your family.

Sharing your wishes about what you want to happen at the end of your life is really important – including your thoughts and decisions about organ and tissue donation.

Having these discussions before a tragedy happens is a gift to you and your family in a time of grief and sadness.

Logan told his dad his wish to be an organ donor if ever anything bad happened to him. Knowing Logan's wishes helped his family support that decision when tragedy struck.

### Take it home and talk about it

Here are a few ways to start the conversation about donation:

1. "Have you heard about the Logan Boulet Effect? We talked about it at school today. Even though Logan Boulet died, he helped improve 6 people's lives by donating his organs. People were so touched by his story, 100,000 people signed up to be donors..."
2. "Today is Green Shirt Day. At school, we talked about Logan Boulet and how he became an organ donor after the Humboldt Broncos bus crash. It was sad. But also happy because he was able to help other people..."
3. "Did you know that today there are about 4,400 Canadians waiting for an organ transplant? A sick person can get better if they get an organ from someone else..."
4. "Do we know anyone who needs or has ever had an organ transplant?"

## Additional Resources for Educators

Digital assets, posters and other resources for Green Shirt Day can be found here:

<https://greenshirtday.ca/be-inspired/>

**Order Official Green Shirt Day shirts at:** <https://greenshirtday.shop/>

**Organ donation lesson plans for educators** - produced by Donate Life California -

<https://donatelifecalifornia.org/education/educator-resources/>

**Short educational video** – Canadian Blood Services' Learning to Save Lives - organ and tissue donation (1 min 30 sec) [Download](#)

**Mommy Can Play Again** – This story of Molly, whose mother is waiting for a lung transplant, is published by the Transplant Recipient International Organization (TRIO) and designed for younger children. Download for free: <https://www.trioweb.org/resources/mommy-can-play-again2.html>

**The Organites** - a UK-based website designed for children to help them understand organ donation. Some resources available to download at <https://organites.com/>.

**Giving to help others** (UK, ages 7-11): <http://givingtohelpothers.org/teachers#light1>

**Interactive Education toolkit** (US) Chris Klug Foundation:

<https://chrisklugfoundation.org/toolkit-landing-page-new>

**Canadian Transplant Association Resources:** <https://www.canadiantransplant.com/resources>

Visit your provincial organ donation organization or education ministry for additional resources related to organ and tissue donation

- British Columbia: <https://curriculum.gov.bc.ca/node/64320> .
- Alberta: <https://myhealth.alberta.ca/Pages/OTDRHome.aspx>
- Ontario: <http://www.onelifemanygifts.com/en/intro/>;
- Ontario: <https://www.ontario.ca/page/organ-and-tissue-donor-registration>
- Quebec: <http://chainedevie.org/> ; <https://www.transplantquebec.ca/en>
- Manitoba: <https://www.transplantmanitoba.ca/resources>
- New Brunswick: <https://en.horizonnb.ca/home/facilities-and-services/provincial-programs/nb-organ-and-tissue-program.aspx>
- Newfoundland & Labrador: <http://www.easternhealth.ca/Give.aspx?d=1&id=323&p=53>
- Nova Scotia: <http://www.nshealth.ca/legacy-life>
- Prince Edward Island: <https://www.princeedwardisland.ca/en/information/health-and-wellness/organ-and-tissue-donation>
- Saskatchewan: <https://www.saskhealthauthority.ca/organdonation>
- Yukon: <http://www.hss.gov.yk.ca/organdonation.php>