



Take the pledge!

- 77% of students are bullied mentally, verbally, & physically.
- 1 in 5 kids admits to being a bully, or doing some bullying.
- 8% of students miss 1 day of class per month for fear of bullies.
- 28% of youths who carry weapons have witnessed violence at home.
- 35% of adults in the workforce experience bullying at work.
- 282,000 students are physically attacked in secondary schools each month.
- Every 7 minutes a child is bullied. Adult intervention 4%. Peer Intervention, 11%. **No intervention 85%.**

Source: The Bureau of Justice Statistics - School Crime and Safety

I pledge to stand up and speak out against bullying.

I believe that everybody should feel safe, secure and accepted regardless of color, race, gender, perceived sexual orientation, popularity, athletic ability, intelligence, religion and nationality.

Bullying can be pushing, shoving, hitting, and spitting, as well as name calling, picking on, making fun of, laughing at, and excluding someone. Bullying causes pain and stress to victims and is never justified or excusable as "kids being kids," "just teasing" or any other rationalization. The victim is never responsible for being a target of bullying.

By signing this pledge, I agree to:

1. Not be a bully myself.
2. If I see bullying—in person or online—act to stop it or immediately report the incident to a trusted adult.
3. Not encourage, laugh at, or egg on others who are bullying.
4. Support those who have been or are subjected to bullying.
5. Encourage others who have the courage to speak up against bullying, knowing that there is strength in numbers.
6. Value people's differences and treat others with respect.
7. Be aware of policies and support systems with regard to bullying in my school, my child's school, and/or my workplace. Talk to responsible authorities such as teachers or supervisors about concerns regarding bullying.
8. Work with others at school or work to help deal with bullying effectively.
9. Encourage teachers or supervisors to discuss bullying issues in the classroom or workplace. Participate fully and contribute to school assemblies dealing with bullying.
10. Provide a good role model for others.

I acknowledge that whether I am being a bully or see someone being bullied and don't act to stop it, I am just as guilty.

Signed by _____

Date _____