

# Bullying Stops Here

## I hereby pledge to stand up to bullying:

- ✓ **I will tell an adult.** If I am being bullied or see someone being bullied I will tell a trusted adult (such as a teacher, school counselor, bus driver, or parent) in person or in a note.
- ✓ **I will not be a “bystander.”** If I see bullying up close, down the hall, or across the cafeteria, I will do something about it.
- ✓ **I will defend kids who are bullied.** I will help give bullied peers a safe way out (for example, by saying “Come on, we need you for our game.”). I will step in only if it feels safe, and I won’t use violence.

## I hereby pledge not to participate in bullying:

- ✓ **I will not bully others.** I will not be mean to my peers, call them names, turn people against them, or try to physically or emotionally hurt them.
- ✓ **I will not assist people who bully.** I won’t watch, laugh, or join in when a friend or peer is mean or hurtful to others. I will let my friend or peer know this behavior is not cool.
- ✓ **I will not take part in cyberbullying.** I won’t say or do mean things to others over social media or text messages. I won’t circulate or “like” hurtful messages or videos – I will tell an adult.

