

## ANTI-BULLYING PLEDGE

This is for me, my friends today and my friends tomorrow.

I think being mean and teasing others is wrong.  
I will try not to pick on anyone or watch someone get picked on.  
I will try to understand myself and other people's situations, why they do things and their feelings to the best of my ability.

I will not spread rumors or gossip.  
It does not make me feel good to make others feel bad.

Bullying does not have to be a fact of life.  
If I hurt others, I can change my words and actions in the future.  
I am responsible for myself.

In my world, I don't like teasing but I can handle it.  
If I am being bullied, it is not my fault.  
I can think of my own positive qualities and character traits.

My compassion gives me strength. I will forgive others and make my own appropriate apologies when necessary.

I care. I can help change things. I can make a difference.

STICKS AND  
STONES  
CAN BREAK  
BONES AND  
WORDS CAN  
DEFINITELY  
HURT!  
CHOOSE  
WORDS AND  
ACTIONS  
CAREFULLY.

### Bullying Is...

- o Verbal, Mental or Physical Harassment
- o Social Alienation or Intimidation
- o Teasing
- o Spreading Rumors or Gossiping
- o An Imbalance in Strength or Power

Signature \_\_\_\_\_

Date \_\_\_\_\_



I will try to check out:

[www.crisisconnectioninc.org](http://www.crisisconnectioninc.org) and [www.stopbullyingnow.hrsa.gov](http://www.stopbullyingnow.hrsa.gov)

I will also try to read books as: "Toestomper & The Caterpillars", "Don't Laugh At Me", "My Secret Bully", "Simon's Hook", "Just Kidding", "Mr. Peabody's Apples", "Say Something", "Recess Queen", "Odd Girl Out", "Alexander & The Terrible, Horrible, No Good, Very Bad Day", "The Hundred Dresses", "Crash", "Sorry", "Hey Little Ant", "Trouble Talk", "Touching Spirit Bear" and "The Book Thief"