UPSTANDER PLEDGE

Because I know everyone deserves respect and;

Because I know there are many different types of people and;

Because I would want someone to do so for me, and;

Because I know others will follow my lead, and;

Because I know that what I do can make a difference…

…I PLEDGE TO…

Not call others names or purposefully make others feel sad.

Not say "That's retarded" or "That's so gay."

Tell an adult or teacher if I observe bullying.

Walk a victim away when they are being bullied.

Advocate for myself when I am being bullied.

Support and encourage my friends and others.

Be respectful of others, including persons with disabilities.

Be an UPSTANDER, which means having the courage to "stand up and speak out."

BECAUSE I KNOW THAT…

One person ***can*** make a difference, and that person is **ME**!

Signature