



## Program Participant Pledge



“Bullying” is any severe, pervasive, or persistent act or conduct whether physical, electronic, or verbal that may be based on a person’s race, color, religion, sex, sexual orientation, gender identity, national origin, age, or disability; can put someone in physical or mental harm; and substantially interferes with someone’s ability to participate in or benefit from our programs.

### **I am against bullying and I will:**

✓ **Be the best I can be**

I choose to be kind to everyone around me. I will not be mean to others, name call, fight or use hurtful language.

✓ **Speak up**

If I am being bullied, or if someone else is being bullied, I will alert a counselor, parent, or other adult that I trust so that someone can help me.

✓ **Be a Leader**

If someone else is being bullied, I will step in only if it is safe, and I will not use violence. I will not watch, laugh, or join in. I will ask my friends not to bully either.

✓ **Be Kind Online**

I won’t say or do mean things over social media or text. I won’t spread any bullying text or social media that I see to others.

✓ **Be Respectful**

I won’t the same respect to everyone no matter their race, color, religion, sex, sexual orientation, gender identity, national origin, age, or disability.

✓ **Be a Friend**

I will be a friend when someone needs a friend. I will be a positive role model and stand up to bullying.