



Anti Bullying Bystander Pledge #1

As a student of _____ School, I pledge to do my part to end bullying behaviors at my school. I believe each student has the right to come to school without the fear of being harassed, excluded, humiliated or attacked and I will not participate in doing that to someone. I will be an anti-bullying advocate. I will speak up and protect any targeted student who is being mistreated. I believe each student has the right to an education, and should not be mistreated, regardless of body shape or size, athletic ability, physical or mental challenges, popularity, religion or race. I agree that no human should be humiliated, put down, laughed at or excluded.

From this point on, I will not be a bystander and watch someone hurt another teen without telling an adult or standing up for that person. I pledge to:

- If I see someone bullied, I will say "Leave them alone!" "Cut it out!" and walk away from the bully with the victim/targeted person. I will not be a bystander.
- I will not look away and pretend it's not happening.
- Stand up to people exhibiting bullying behaviors and say, "I don't agree with you."
- Help targets get away from bullying people.
- Stop other teens from becoming spectators who encourage bullying by saying, "come on" "stop this" "let's be on our way" or something similar.
- Tell others that spreading rumors, gossiping and/or excluding someone is NOT OK.
- Take a stand against someone, even if they are my friend, to tell them to STOP making fun or laughing at someone.
- Become alert in places where targets are vulnerable: bathrooms, gyms, locker rooms, hallways, showers, stairwells, or on the bus.
- Make a promise to be an Upstander for Jesus and help my fellow students.

Bullying may start with someone else. But it will stop with me whenever I see it.

Signed: _____ Date _____