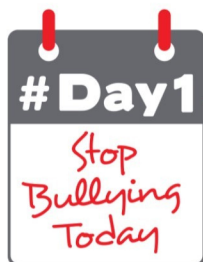


#Day1 Upstander Pledge

If I ever notice online or offline bullying...

- ✓ I will choose to be an Upstander.
- ✓ I will **speak up** and say "please stop!" if it feels safe.
- ✓ I will **get help from** a trusted adult or tell the person to **report** the bullying behavior.
- ✓ I will **reach out** to the person who was being bullied, tell them that bullying is never OK with me and that I am by their side.
- ✓ I will not treat anyone negatively because of their differences: the way they talk, act, dress, or play; skin color or religion; their family, or their body. I will celebrate what makes them unique. If I see someone being bullied because of their differences, I will **speak up**.
- ✓ If I see someone feeling alone or sad, I will show **kindness** to this person. I will ask, "Are you ok?" and listen to them. I will let them know that bullying is not OK with me. I will tell them to ask an adult for help or tell an adult myself.
- ✓ I pledge to be an Upstander today and every day!



TylerClementi.org/Day1

