



Bullying is not acceptable

Everyone deserves respect

Don't ignore bullying, tell an adult

Show support to those who need it

Don't let peer pressure force bad decisions

Give everyone a chance to participate

Encourage positive bystander interaction

Show you understand and care

Be aware of the signs of bullying

Be safe on the Internet and social networks

Think twice before you post something online

Don't get involved in cyber-bullying

See a Bully, Stop a Bully

For tips and recourses to help stop bullying, visit
www.pacerkidsagainstabullying.org/kab/

I Pledge:

to not bully other kids

to speak out and try to help when I see kids being bullied

to tell an adult when I witness bullying

to include ALL kids in group activities



Teachers and Parents

- Work together, engage youth and community**
- Create a safe environment, with rules of conduct**
- Establish a culture of respect, treat others fairly**
- Identify the early warning signs and behaviors**
- Respond quickly, consistently and sensitively**
- Find out what happened, and who was involved**
- Talk with — and listen to — kids who were affected**
- Know your child's friends, and where they go**
- Be aware of what your kids are doing online**
- Establish rules about what's acceptable**
- Encourage kids to think about what they post online**

Be a positive role model

Visit www.netlingo.com for a great resource on deciphering “chat acryonyms” and “text message shorthand”

