



STAND UP Pledge

Support those around me who are being bullied or victimized. The best way to stand up to bullying is to treat everyone with respect and kindness, especially those of us who are being targeted or bullied. You can make a big difference just by acknowledging the person who is being bullied and letting them know you are there for them!

Tell a friend, teacher or parent when I see someone being bullied. When you witness bullying behavior, are a victim of bullying, or are unsure if actions/words are okay, talk to a teacher, parent, or other trusted adult to get support. Bullying is serious and will not go away on its own. Speaking up is a very important way to stand up to bullying, and it does not mean you are being a snitch or tattler.

Ask myself, “how would I want to be treated?” We all want people to be kind, respectful and caring to us. Considering the other person’s feelings before acting or speaking is a helpful way to make sure you are an upstander every day.

Note where and when bullying occurs (bathroom, playground, online). Bullying most often happens when and where adults are not present. Be aware, and let the adults in your school and neighborhood know when and where bullying is most common. This is an important step to stop bullying from happening in the future.

Do something when I see someone being bullied – be an UPSTANDER: Being an upstander is being a hero: we are standing up for what is right and doing our best to help support someone who is being hurt! Read the **10 Ways to be an Upstander** on Bullybust.org for more tips about being an upstander.

Understand why bullies bully. Bullies are not bad people; they are just doing bad things! Did you know that most bullies have been bullied at home or in their neighborhood? They often have something else going on in their life that is making them feeling really bad, and think that making someone else “hurt” will make them feel better. This does not mean that bully behavior is ok, but understanding this behavior can help get them the adult support they need.

Practice being a good role model for my fellow students and share “STAND UP” strategies. You can make a big difference in your school just by being kind, respectful, and caring to people you meet! Show your friends, parents, and teachers that you are an upstander, and remember that standing up to bullying is everyone’s responsibility.

Sign the pledge at www.bullybust.org!