

# BULLYING PLEDGE

## ADULT

Bullying is not just “kids being kids”. It can have a damaging effect on children, families, and communities. As an adult, I know I can help in specific ways. Here is my Pledge:

**I will speak up**...I will take a stand about this issue, even before it touches my friends and family. So everyone knows I take it seriously.

**I will advocate**...I will advocate for children, both my own and others, in need of my help, I will support quality bullying prevention training for all school staff so everyone can effectively help our children.

**I will be a role model**...I will show kids how to deal with conflicts by the setting the standard with my own behavior.

**I will be a partner**...I will work with schools, parents, caretakers, coaches, and other working hard to stop bullying-especially if they report my child is involved.

**Bullying make kids want to be invisible. We can show them through our actions that we see them, we are listening-and most importantly-they can count on us to make their lives better.**



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Signature

