



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

Check out this interactive game
with tips and resources to help stop cyber-bullying:

www.cyberbullying.com

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

Here's a great resource for deciphering
"chat acronyms" and "text message shorthand:"

www.netlingo.com

