

# Saint Mark School Upstander Pledge

## I promise to:

**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 whom may be targets of bullying.

**Tell a friend**, teacher, or parent when I see someone being bullied. When I am unsure if actions/words are okay, I will talk to a trusted adult to get support.

**Ask myself**, "How would I want to be treated?" We want all 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 I'm an Upstander every day.

**Note** where and when bullying occurs. Be aware and let trusted people know. I know it's important to encourage respect and kindness in all settings: at home, school, sports, friend's houses, online, on phones and while texting, online gaming, etc.

**Act** when I see someone being bullied. Being an Upstander, I agree to stand up for what's right and doing my best to help support someone who is being hurt.

**Understand** why bullies bully. I know that just because someone engaged in bullying behavior, that doesn't necessarily make them a bad person. We all make mistakes. I recognize that often times people that are bullying have something going on in their life that is making them feel really bad. This doesn't mean that bullying behavior is okay; but understanding the behavior and telling others can help get them the adult support they need to feel better.

**Practice** being a positive role model for my fellow students. I can make a big difference in my school and community by being kind, respectful, and caring to people that I meet.

It is important to me to make this pledge because:

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Name

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Date