

PLEDGE

I hereby pledge to stand up to bullying:

I will treat others with **RESPECT** and **KINDNESS**. I will not be mean to my peers, call them names, turn people against them, or try to physically or emotionally hurt them.

I will have the **COMPASSION** to not be a bully and the **COURAGE** to not be a bystander. I will not assist people who bully. I won't watch, laugh, or join in when a friend or peer is mean or hurtful to others. I will let my friend or peer know this behaviour is not acceptable.

It is my **RESPONSIBILITY** to help others, who are being bullied. If I see someone being bullied I will tell or do something about it. I will **DEFEND** others who are bullied.

I will be a good **ROLE MODEL** for other students.

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SIGNED AND DATED

A set of 10 Social and Emotional Learning (SEL) lessons aimed at combatting bullying in a school environment by developing the social and emotional skills of young people aged 11-14.



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