



“BE KIND TO EACH OTHER  
AND STOP THE BULLYING.”

-Sarah Allison Bramley 8/19/16

# STAND AGAINST BULLYING

Sarah graduated from Pope John in 2015 and she would have been a sophomore at the Engineering School at Lafayette College. While at Pope John, Sarah was a good student and most enjoyed science, math, and computer science. She played field hockey all 4 years, and she was in Key Club, Robotics Club, Girls Who Code, and SEARCH.

Bullying started for Sarah in 7th and 8th grade when she and her best friend Kristen were severely bullied. We remember the principal at the time saying that Sarah’s grade of girls was the most difficult he had ever experienced in his career. Sarah’s self-esteem and self-confidence diminished after that, and fitting in and reputation became very important to her. She never wanted to go back to those bullying years. Both Sarah and Kristen began having issues with anxiety and panic from those years.

Pope John seemed a little kinder but not without social challenges both in school and on the field hockey team. Social media now played a role with Facebook, etc. and the audience became wider with more followers. Twitter and Snapchat entered the picture her freshman year at Lafayette and it seemed that it was becoming even harder now for Sarah and others to separate real life from social media.

On 8/19/16, Sarah had a panic attack due to cyber bullying and took her own life. She was worried about her reputation and how others would perceive her at Lafayette and elsewhere. The last thing that Sarah wrote was “Be kind to each other and stop the bullying.”

We and Sarah thank you for agreeing to sign this contract and stop the bullying. Please remember to THINK before you type and send. We know that you will.

With Gratitude,  
Chris and Jennifer and Christopher Bramley

## WE MUST STOP BULLYING IT STARTS HERE IT STARTS NOW

### THE PLEDGE

As a member of the **POPE JOHN FAMILY**, I will do my part to make our school and our world free of bullying. I believe that everyone has the right to feel safe, secure, and accepted. By initialing and signing my name below, I make my **COMMITMENT** to

### STAND AGAINST BULLYING

- ☐ I will treat others with **RESPECT** and **KINDNESS**.
- ☐ I will have the **COMPASSION** not to be a bully and the **COURAGE** not to be a bystander.
- ☐ It is my **RESPONSIBILITY** to help others being bullied and to report bullying.
- ☐ I will be a good **ROLE MODEL** for others at all times by being **AN HONOR TO THE FATHER**.



**POPE JOHN XXIII HIGH SCHOOL**  
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## Sarah Allison Bramley

1/26/97 – 8/19/16

Think before you tweet, text, post, snap,  
speak, or send:

**T** Is it True?  
**H** Is it Helpful  
**I** Is it Inspiring?  
**N** Is it Necessary?  
**K** Is it Kind?

### WHAT IS BULLYING?

- ♥ Bullying is repeated cruelty.
- ♥ It is humiliating a classmate, excluding a friend, or deliberately hurting someone.
- ♥ Bullying causes so much distress that victims are unable to think clearly, have fun, or even care about much of anything.
- ♥ Watching bullying can be just as distressing-  
-but don't pretend it isn't happening.

### WHAT TO DO IF YOU SEE BULLYING

**DON'T LOOK AWAY.** Make eye-contact with the victim, use body language to signal that you are not laughing too.

**REACH OUT.** Leave an anonymous tip in the box in Mr. Emering's office.

**DISTRACT THE BULLY.** Isn't there something else we all could be doing?

**TAKE SCREEN SHOTS OF CYBERBULLYING,** and make sure a teacher or administrator you trust sees them.

**PUT YOURSELF IN THEIR SHOES** for just one minute.