



## Bully Buster Pledge



Bullying is repeatedly being mean to someone and hurting them physically, verbally, or emotionally.

### I PLEDGE:

1. **To SPEAK Up** when I see my friends or students being bullied. I will let my friends, my family and my teacher know bullying is wrong.
2. **To STAND Up** for my friends and other students who are being bullied, and not be a bystander.
3. **Be a BULLY BUSTER** by not calling names, spreading rumors or using mean or hurtful language in school or on the internet.

Bullying makes everyone feel lonely, upset, and unimportant.  
As a student, I have the power to stop bullying  
in my school by standing against bullying.

NAME: \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_



**WE ARE ... VIKINGS**  
**WE DON'T... BULLY!**

