



FAITH ♦ COMMUNITY ♦ EXCELLENCE

Student Sacred Heart School Anti-Bullying Pledge

What is Bullying?

Bullying is repeated, intentional behavior that is hurtful, harmful, or intimidating. It is not safe, respectful, or kind—and it goes against the values of Sacred Heart School.

As a student of Sacred Heart School, I pledge to help create a safe, welcoming, and respectful environment for everyone. I will be a powerful bystander by recognizing, reporting, and refusing bullying in all its forms.

I pledge to:

- Treat others with kindness, respect, and dignity.
- Speak and act in ways that reflect Christian values.
- Include others in games, conversations, and group activities.
- Help classmates feel welcome, accepted, and safe.
- Respect and celebrate differences in others.
- Stand up for anyone who is being mistreated or excluded.

Together, we can make Sacred Heart School a place where everyone feels valued and supported.



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Parent/Guardian Anti-Bullying Pledge

According to Washington State law, bullying includes any intentional, repeated, and harmful behavior—whether in person or online—that involves a power imbalance and a lack of empathy.

As a parent/guardian in the Sacred Heart School community, I pledge to support the school's anti-bullying efforts and help foster a culture of kindness, respect, and accountability.

I pledge to:

- Stay informed about the school's anti-bullying policies and help my child understand them.
- Model respectful, compassionate behavior and encourage my child to do the same.
- Support my child in recognizing, reporting, and refusing bullying.
- Collaborate with other parents and school staff to resolve conflicts in a constructive and respectful way.
- Communicate with teachers or school counselors about any changes in my child's behavior or home life that may affect their well-being at school.