

Anti-Bullying/Cyberbullying Pledge

We the students of _____ agree to join together to stamp out
(your school name)
bullying and cyberbullying at our school and to follow Internet Safety Rules (such as those listed below.)

We believe that everybody should enjoy our school equally and also enjoy a peaceful life at home while on the Internet and feel safe, secure and accepted regardless of color, race, gender, popularity, athletic ability, intelligence, religion and nationality.

Bullying can be pushing, shoving, hitting and spitting, as well as name calling, picking on, making fun of, laughing at, and excluding someone. Cyberbullying is when a child, preteen, or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. Bullying and cyberbullying causes pain and stress to victims and is never justified or excusable as “kids being kids,” “just teasing” or any other rationalization. The victim is never responsible for being a target of bullying or cyberbullying.

By signing this pledge, we the students agree to:

- Value each other’s differences and treat others with respect.
- Not become involved in bullying or cyberbullying incidents or be a bully or cyberbully.
- Be aware of the school’s policies and support system with regard to bullying/cyberbullying.
- Report honestly and immediately all incidents of bullying/cyberbullying to a faculty member.
- Support others who have been or are subjected to bullying/cyberbullying.
- Talk to teachers and parents about concerns and issues regarding bullying/cyberbullying.
- Provide a good role model for younger students and support them if bullying/cyberbullying occurs.
- I acknowledge that whether I am being a bully/cyberbully or see someone being bullied/cyberbullied, if I don’t report or stop the bullying/cyberbullying, I am just as guilty.

We also agree to follow Internet Safety Rules, such as those listed below:

* I will not share personal information, such as my full name, address, telephone number, the name of my school or any other information that could help someone determine my actual identity. I also will not share personal information about my friends or family.

* I will not download anything from anyone I don't know. I will check with my parents , guardians, or teachers before downloading or installing software that could possibly hurt our computer or jeopardize my family's privacy.

* I will not agree to get together with someone I meet online, and I will tell my parents, guardians, or teachers if anyone online asks me to meet in person.

* I will not send someone I meet online my picture or pictures of my friends or family.

*I will not respond to any messages that are mean or in any way make me feel uncomfortable. If I do, I will tell my parents, guardians, or teachers right away so they can contact the Internet service provider. In turn, I will not use rude or mean language on the Internet.

* I will not give out my Internet passwords to anyone (even my best friends) other than my parents or guardian.

Cyberbullying Fact Sheet

Cyberbullying: When a student uses the internet, cell phone or other technological device to send or post text or images intended to hurt, embarrass, threaten, torment, humiliate or intimidate their victim.

Cyberbullying includes:

- Sending offensive texts/emails
- Spreading rumors or posting embarrassing pictures via social media
- Creating fake profile pages pretending to be someone else
- Texting/emailing embarrassing pictures of someone else
- Repeatedly calling someone and hanging up

What can you do if you're being cyberbullied?

- **Report** it to an appropriate adult like your parents/teachers and **remember** that it's not your fault if you're being cyberbullied. And by reporting the incident, you can help keep others from being bullied.
- **Never** respond or retaliate, as this can just make things worse. It might be difficult, but try to ignore the bullies.
- **Block** any users that send you nasty/hateful messages.
- **Save** (take screen shots) and print out any bullying messages, posts, pictures or videos you receive or see.
- **Make a note** of the dates and times of bullying messages, along with any details you have about the sender's ID and the URL.

What to do if you see someone being cyberbullied?

- Do not ignore it. You aren't any better than the bully if you just watch it happen.
- Do not join in with the bully. You will get no respect if you start bullying the person too. It only shows a lack of character.
- Confront the bully while he/she is bullying. Tell him/her to stop bullying this person. Not only is it the right thing to do, but you will gain respect from your peers if you do it. Bullies often want an audience and approval.
- Be a friend to the person being bullied.

You can find out more information at pacerteensagainstabuse.org

Teacher's Signature _____

Date _____ Class Name _____

I accept our school's challenge to stop cyberbullying and pledge to use caution when using the internet. (Pledge and Internet Safety Rules)

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