

#Day1 Upstander Pledge

When I witness harassment, humiliation, or bullying at school, home, work, online, or in my community, **I will choose to be an upstander.** I will intervene or report the abuse, and I will reach out to the bullied person to offer support.

I will work to make others feel safe and included by showing respect and compassion. I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences... even if they behave that way to me.

I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

If I learn that someone is feeling very isolated, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance.

NAME

EMAIL

ZIPCODE

www.day1campaign.com

#Day1

Stop
Bullying
Today



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