

## **Park View Middle School Anti-Bullying Pledge**

### **Do Something About It!**

We believe that everybody should enjoy our school equally. We should all feel safe, secure and accepted regardless of color, race, gender, popularity, athletic ability, intelligence, religion, nationality, and economic background.

Bullying is cruel intentional physical, verbal, and/or relational (social/emotional) behavior that occurs over time. Bullying is actions that are used to intentionally control, ostracize, intimidate, hurt, frighten and /or torment others. These actions could be repeated and/or random.

- Physical – pushing, physical contact, bumping, blocking hallways
- Verbal – name calling, gossiping, spreading rumors, taunting
- Relational (social/emotional) – excluding or rejecting students from their peer group
- Cyber Bullying – Using technology to intimidate or threaten others such as chat rooms, text messaging, on-line posting, personal pages, e-mail, etc.

**Do Something About It!: By signing this pledge, we the students agree to**

1. Value student differences and treat others with respect.
2. Be aware of the school's policies and support system with regard to bullying.
3. Report honestly and immediately all incidents of bullying to a faculty member.
4. Support students who have been or are subjected to bullying.
5. Talk to staff and parents about concerns and issues regarding bullying.
6. Do not stand there and be a part of any bullying, this means laughing and standing there when someone is harassed.
7. Understand that you are a role model for other students and that you are expected to support others if bullying occurs.
8. I will respect my school, my fellow classmates, and all adults on campus and expect nothing less!

To respect myself, my friends, and my school, I acknowledge that whether I am being a bully or see someone being bullied, if I don't report or stop the bullying, I am allowing it to continue. I know I must **Do Something About It!**