I _________________________
believe that bullying and calling
other students hurtful names is
wrong. I pledge to do my best to:

☑️ Not bully other students or
call them hurtful names.

☑️ Intervene, if I safely can, in
situations where students are
being called names.

☑️ Support efforts to end bullying
and name-calling.

If you are being called names or bullied, remember the four
ways to stay SAFE:

SAY WHAT YOU FEEL: Tell the person who is bullying you
or calling you names the way their actions make you feel.

ASK FOR HELP: Sometimes you can’t handle the situa-
tion yourself, and it’s ok to ask for help. Find a teacher or
other school staff member to talk to.

IND A FRIEND: Hanging out with people who make you
feel good about yourself is important, and the person
calling you names might think twice before picking on you
when you’re with your friends.

EXIT THE AREA: While it may feel like you aren’t doing
anything at all, sometimes walking away from someone
who is picking on you is the best way to end things.

nonamecallingweek.org