

No Name-Calling week

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 situation yourself, and it's ok to ask for help. Find a teacher or other school staff member to talk to.

Find 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.

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