

# **CONTACT Lubbock**, Inc.

**GIVING HOPE FOR A FUTURE  
SUICIDE IS PREVENTABLE**

## **ANTI-BULLYING, HARASSMENT, AND CYBERBULLYING PLEDGE**

**Bullying** is systematically and chronically inflicting physical hurt or psychological distress on one or more students. Bullying may involve teasing; social exclusion; threats; intimidation; stalking; physical violence; theft; sexual, religious or racial harassment; public humiliation; or destruction of property.

**Harassment** is any threatening, insulting, or dehumanizing gesture, use of data or computer software, or written, verbal, or physical conduct directed against a student or school employee.

**Cyberbullying** is willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices to post pictures, videos or hate messages about a student.

**By signing this pledge, I agree to:**

1. Take a stand against bullying and cyberbullying, including sharing this pledge with others and asking them to take it too.
2. Not to use technology as a weapon to hurt others.
3. Think before I click. Think about the person on the other side.
4. Report honestly and immediately all incidents of bullying and cyberbullying to a trusted adult.
5. Not to join in bullying and cyberbullying tactics or be used to hurt others.
6. Support students who have been or are subjected to bullying and cyberbullying.
7. Provide a good role model for younger students, and to be a part of the solution, not part of the problem.
8. "Stop, Block, and Tell" when I am being targeted by a cyberbully and to "Take 5!" Calm down and walk away from the confrontation or computer.
9. Never retaliate.
10. I will NEVER post pictures or videos of someone without their permission.

**I will always follow the GOLDEN RULE AND  
TREAT OTHERS AS I WOULD LIKE TO BE TREATED**

**I will NOT stand by...I will TAKE A STAND AGAINST BULLYING!**

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Signature

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Date