

## Adult Sayings

The following are adult sayings that foster bullying behaviors to continue:

*Bullying is part of growing up. It teaches them to deal with life.*

*It is good for you. It toughens you up.*

*Fight your own battles. Don't tell tales.*

*Ignore it and it will go away. You must be doing something to bring it on yourself.*

*Come on! Stick up for yourself. You won't always have us around to stick up for you.*

*I was bullied and it never did me any harm.*

*You've got to be tough to survive in this world. You've got to take care of yourself.*

*I never interfere in difficulties between children. They have to learn to sort out problems between themselves.*

*Boys will be boys! Girls will be girls!*

## A Pledge for Parents

As part of my community, I will work in partnership with the schools to

- Pledge to become informed of the school's bullying policies.
- Be proactive and part of the solution, not the problem.
- Eliminate bullying from my own behavior and model respectful behavior.
- Be empathetic and sensitive toward others.
- Set an example by valuing differences and promoting sensitivity to others.
- Eliminate gossip and profanity from my language.
- Not let my words or actions hurt others.
- Activate bystanders to help stop the bullying.
- Dialogue regularly with my children about how students treat others at school.
- Discuss with staff concerns about bullying behavior.
- Log bullying behavior (or ask my child to).
- Monitor my child while on the computer.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_