



[ It stops on **Day 1.** ]

**#Day1**

## Welcome to **#Day1** Elementary School

This simple, effective, and empowering intervention prevents bullying before it begins. **#Day1** is simple. Just follow the three steps below

**1**

On the first day of class, work, practice, etc., **read the Declaration** (attached). It takes about 2 minutes. Consider practicing it a few times. Feel free to post it in your room too!

**2**

**Copy & disseminate the Upstander Pledge** (attached). Ask folks to really think about it, sign it and send them all back to us at 104 West 29th St 4th Floor, NY NY 10001 or scan and send to [day1@tylerclementi.org](mailto:day1@tylerclementi.org)

**3**

Within seven days of reading the declaration and distributing the pledge, **share with us** and the #Day1 community how it worked, and how you felt participating! [Day1@TylerClementi.org](mailto:Day1@TylerClementi.org) or #Day1 or @TylerClementi


[www.day1campaign.com](http://www.day1campaign.com)

**#Day1**

Stop  
Bullying  
Today

 [TheTylerClementiFoundation](https://www.facebook.com/TheTylerClementiFoundation)

 [@tylerclementi](https://twitter.com/@tylerclementi)

 [Tyler\\_Clementi\\_Foundation](https://www.instagram.com/Tyler_Clementi_Foundation)

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 **TYLER CLEMENTI**  
FOUNDATION

# #Day1 Declaration

If I see anyone bullying someone else at school, at home, in my youth group, on my team, online, or anywhere else, I will do something to help instead of just letting it happen. If it feels safe, I will tell the bullying person to stop. I will get help from the adults in charge or other adults I trust. I will say or do something kind to show a kid who was bullied that I care. Helping, instead of just watching someone be hurtful is called being an Upstander.

I will be an Upstander and try to help everyone feel safe and included by showing respect and kindness. I will do my best not be hurtful or disrespectful with my words, face, or body to anyone for any reason - even if they are different from me and that makes me uncomfortable, and even if they are unkind to me. Hurtful words includes unkind jokes or teasing about: someone's size or clothes or looks; being a boy or a girl; what they like to do or not do; their skin color; the way they talk or speak or move; their name; if they have any kind of disability; what they eat; what they believe; what their family is like; or for any other reason.

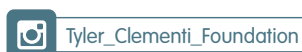
I will tell the adults in charge like my teachers and parents what I saw, heard, and did. I will be persistent by not giving up, even if adults are busy or don't understand. I will keep telling until someone does something to solve the problem. It isn't tattling if you are helping someone.

If a kid is feeling very sad or angry or talks or acts as if they might do something unsafe like hurt themselves or others, I will get help right away from an adult I trust.

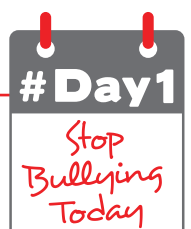
And I will be an Upstander for myself by getting help from an adult I trust if kids are bullying me or if I don't feel safe or if I have trouble acting safely and respectfully towards others.

Thank you to **Kidpower Teenpower Fullpower International**, for providing consultation and content from its exceptional bullying and abuse prevention programs. [www.kidpower.org](http://www.kidpower.org) (We ask all #Day1 Leaders to not alter the above language. It has been carefully constructed and informed by research. Feel free to add language, but not subtract any.

For more information on the research behind #Day1 go to [www.Day1Campaign.com](http://www.Day1Campaign.com)



[www.day1campaign.com](http://www.day1campaign.com)



# #Day1 Upstander Pledge

When I witness bullying at school, home, work, online, or in my place of worship, **I will choose to be an upstander.** I will intervene or report the abuse, and I will reach out to the bullied person to offer support.

**I will work to make others feel safe and included by showing respect and compassion.** I will not use demeaning language, slurs, gestures or jokes about anyone's sexuality, size, gender, race, ethnicity, any kind of disability, religion, lack of religion, income, politics or other differences... even if they behave that way to me.

I will tell someone who is in a position of authority what I saw and heard and make sure there is follow-up.

If I learn that someone is feeling very isolated or depressed I will reach out and tell this person that their life has value, no matter how they feel at the moment and no matter what others say or think.

NAME

EMAIL

ZIPCODE

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