



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

# #Day1

## Welcome to **#Day1**

The simple, effective and empowering intervention to prevent 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

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

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

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FOUNDATION

# #Day1 Declaration

I want to make a statement about how you and I are expected to behave here and how you and I are expected not to behave. We all have had times when we have said or done hurtful things to others out of thoughtlessness, lack of awareness, or because it seems like just a joke. We all may be tempted at times to treat other people poorly out of frustration or retaliation or because others are doing it or because someone acts in a way that we don't like. We ask that you demonstrate awareness, respect, restraint, and self-control. With every comment online or offline, these actions could be doing damage to someone's feelings and emotional well-being. This is not acceptable.

So let me be clear; Any act of bullying, harassment or humiliation against another person... student or adult - online or offline, is against our values. Any cruel words, actions or attempts to harm someone's reputation will not be accepted.

Specifically, cruelty based on race, ethnicity, sex, body shape or size, or physical, mental or learning disability, how much money they have or don't have, or political beliefs is taken very seriously here. There is no place for those who pick on anyone because you think they act too much like a boy or too much like a girl, or because you don't like how they dress, or their customs, their sexual orientation, or their religion or if they have no religion at all.

**We ask you this: think about your actions and how you want to be treated by others.**

In this place we expect you to do your best to demonstrate respect and kindness to everyone. If you see someone doing harm to another person, report it or if you feel safe, try to stop it. Joining in or doing nothing is not being respectful or kind. If you feel like going the extra step, approach the person who was targeted later with a kind word or gesture. It isn't tattling or snitching if you are helping someone. You might just be saving someone's life.

We all make mistakes, so if someone disrespects you, simply say, "That is disrespectful. Please stop." Get help if the person doesn't listen. And if someone tells you that something you said or did is hurtful or disrespectful, listen and make amends.

And now I want to ask: does everyone understand what I have said and what we expect of you here?

(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))

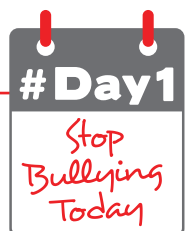
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# #Day1 Upstander Pledge

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, depressed or potentially suicidal I will reach out and tell this person that their life has value, no matter how they feels at the moment and no matter what others say or think. I will support them to the best of my ability and connect them with resources or people who can offer assistance.

NAME

EMAIL

ZIPCODE

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