



# Welcome to #Day1

#Day1 is a simple, effective, and empowering intervention that prevents bullying before it begins. Just follow these three steps!



- 1** On the first day of practice, **read the Declaration** (attached). It takes about two minutes. Consider practicing it a few times. Feel free to post it in your office, gym, locker room, or classroom!
- 2** **Copy and disseminate the Upstander Pledge** (attached). Ask your team to really think about it, sign it, and send the pledge back to us at 104 West 29th St., 11th Fl, New York, NY, 10001. Or, you can scan and send them to [day1@tylerclementi.org](mailto:day1@tylerclementi.org)
- 3** Within seven days of reading the declaration and distributing the pledge, please share with us and the #Day1 community how it worked and how you felt participating! Email [Day1@TylerClementi.org](mailto:Day1@TylerClementi.org) and/or tag #Day1 and @TylerClementi on a social media post.

# #Day1 Declaration

Below is a sports declaration that you can use in your team to share your expectations around the type of environment that is expected. Be clear with athletes that these rules are truly for everyone—coaches, referees, athletic directors, players, fans, and parents.



**On this team, we take it seriously that everyone is treated with dignity and respect. We are committed to an environment that is safe and respectful for all.**

I want to make a statement about our expectations here. 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, retaliation, because others are doing it, or because someone acts in a way that we don't like. We ask that you demonstrate self-awareness, respect, restraint, and self-control. With every comment, online or in-person, these actions could be damaging to someone's feelings of safety, belonging, connection, and emotional well-being. It damages our team and our ability to work together. This is not acceptable.

So, let me be clear. Any act of harassment, humiliation, hazing, or bullying against another person, coach, player, staff, official, or supporter, online or in person, for us or opposing us, is against our values. Specifically, harassment based on race, ethnicity, nationality, gender expression, sexual orientation, body shape or size, or physical, mental or learning ability, financial position, religion or lack of religion, or political beliefs is taken very seriously here. We will not tolerate bullying, harassment, or humiliation of any kind. We also want to make it clear that, win or lose, we expect good sportsmanship.

It is every single person's responsibility to ensure this place continues to be a safe and welcoming environment for all.

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

On this team, we expect you to do your best to demonstrate respect, understanding, empathy, and kindness to everyone. If you see someone doing harm to another person, do something. Report it. 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 with a kind word or gesture. You might just have a huge impact on someone's life.

We all make mistakes. If someone says or does something that seems rude or hurtful, speak up firmly and respectfully. For example: "That kind of language is against our team's values. Please stop."

Get help from a member of the athletic staff if the person doesn't listen. If someone tells you that something you said or did was hurtful or disrespectful, make sure to listen, apologize, and make a commitment to educate yourself about your actions. If the person doesn't listen, get help from a member of the athletic staff. If one staff member doesn't help you, keep asking until someone addresses the problem.

Now I want to ask, does everyone understand what I have said and what we expect of you here?

# #Day1 Upstander Pledge



**W**hen I witness bullying on my team, at school, at home, at work, online, or in my place of worship, I will choose to be an **Upstander**.

I will help 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 not participate in hazing.

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

I understand being an athlete means I represent my team and my community, as well as myself. I will treat fellow athletes and teams with respect.

If I learn that someone is feeling isolated, depressed, or potentially suicidal, I will reach out and tell them that their life has value, no matter how they feel 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

\_\_\_\_\_

ZIP CODE