

## STAND UP TO BULLYING FROM #DAY1

Dear Upstander,

In this time of social distancing and home quarantining, one of the many things we can **be thankful** for is modern technology because it allows us to stay connected quickly with friends, family and all those we hold near and dear to us.

I hope you will be able to **remain positive** and stay focused on the many blessings that continue to surround us daily. **I believe we find that which we seek to discover**, so if you are staying at home like so many these days, including the team at the Tyler Clementi Foundation, I hope you will **use your time to see all that you have to be thankful for**.

It just might be the perfect moment you have been waiting for to slowdown and focus on self-improvement skills ... or maybe you might have more time to read that book you have been wanting to dive into ... or maybe just have some fun and binge watch your favorite series ... or maybe if you **are young person attending high school** this might be the perfect time to apply to be a member of the [Tyler Clementi Foundation's Youth Ambassador Program](#).

Our Youth Ambassadors receive free anti-harassment training and resources to bring into their schools; they organize two actions to promote TCF's mission. **Youth from across the country are encouraged to apply since all sessions are held online**. [Read about our amazing 2019 group here](#).

You can join youth leaders from around the county by simply [clicking here](#) to complete your application today ! The deadline has been extended till **March 31st**.

Please remember that in this stressful time of social distancing, **you are not alone**. Reach out and connect with others via phone, email, text, social media, facetime, or maybe even snail mail. **We are extremely fortunate** in this day and age to have so many vehicles of communication at our fingertips, all we need to do is use them. So just **reach out and connect**.

My one request is simple, please be especially **mindful, thoughtful and intentional** about the words you choose. Let your [pledge to be an Upstander](#) also guide your words and messages online in cyber space. Always be **kind, respectful and gentle** with your **online comments**, especially now, as not everyone will be handling this most anxious and stressful time of continual changes, lack of control and social distancing as well as you might think you are. Even in the best of times we know words and comments in the digital world can so easily be mistaken and misunderstood without facial cues and voice intonation. So, please proceed into the cyber world with **compassion and empathy**, always trying to **be sensitive** to the needs of others. And finally, as we spend more time in the digital world let's remember to use this tool for the good it was intended for, use it to build others up and not tear them down.

Before you post anything, **always take a breath ... reread your message ...** if it is **encouraging** someone and **building them up** than please hit send! But if your words might be read as hurtful, if they are words that tear someone down and destroy or attack someone else then please consider rewriting your message or even better still just discard your message all together.

You are not alone, **we will get through these difficult times together**, just not in person, which is why we will be postponing our **April 25 th Spring Soirée fundraiser** to a future time when handshakes and hugs will once again be common everyday expressions of greeting others. Those days will return, **we just need to wait patiently for them.**

Stay safe and be well,



**Jane Clementi**

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The Tyler Clementi Foundation is a 501(c)(3) non-profit organization whose mission is to end online and offline bullying in schools, workplaces, and faith communities.



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