

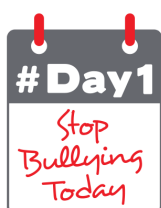


# Welcome to **#Day1**

Any day can be #Day 1 to create a safe classroom environment free of bullying behavior. This simple, effective, and empowering intervention prevents bullying before it begins.

Just follow these three steps:

- 1** Read the Declaration (p.2) on Day 1, receive a verbal acknowledgment of agreement from students to adhere to the declaration. Any day can be #Day 1 to create a safe classroom environment free of bullying behavior.
- 2** Pass out copies of the Upstander Pledge (p.3) or visit [tylerclementi.org/pledge](http://tylerclementi.org/pledge). Read the pledge aloud together. Before students sign the Upstander pledge, ask them to discuss what it means to them.
- 3** Share your experience with us by emailing [outreach@TylerClementi.org](mailto:outreach@TylerClementi.org) along with the total number of pledges and any photos or videos you'd like to share with us. Display the Upstander pledge as a visual reminder to students.



[TylerClementi.org/Day1](http://TylerClementi.org/Day1)



# #Day1 Declaration

Here in (name of Sorority / Fraternity), we take seriously that everyone is treated with decency and respect. We are committed to an environment that is safe and respectful for all who play a role in it.

I want to make a statement about respectful behavior here at (name of Sorority / Fraternity). 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. But here at (name of Sorority / Fraternity), we ask that you demonstrate self-awareness, respect, restraint, and self-control. Your comments, whether online or in-person, could be damaging to someone's feelings of safety, belonging, connection, and emotional well-being. It also damages the standards of our chapter and our community. This is not acceptable.

**So let me be clear:** any act of harassment, humiliation, or bullying against another person... initiate, new member, potential new member, advisor, alumna, event guest, fellow Greek, or supporter, online or in person, 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. (name of Sorority/Fraternity) **will not tolerate bullying, harassment, or humiliation of any kind.**

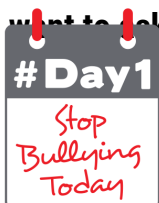
It is every single person's responsibility to ensure (name of Sorority / Fraternity) continues to be a safe and welcoming environment for all persons.

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

Here at (name of Sorority / Fraternity), 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, so if someone disrespects you, simply say, "That is disrespectful. Please stop." Get help from chapter leadership or an advisor if the person doesn't listen. And if someone tells you that something you said or did is hurtful or disrespectful: listen, apologize, and make a commitment to self-education around your actions.

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



[TylerClementi.org/Day1](https://TylerClementi.org/Day1)



# #Day1 Upstander Pledge

✓ I pledge to not remain a passive bystander but rather be an active Upstander when I witness bullying behavior.

**As an Upstander;**

✓ I will **intervene whenever I see or hear anyone being targeted with bullying behavior**; whether I'm at school, at home, at work, or in my faith community; whether I am speaking in digital spaces or out in the real world with friends, family, colleagues or teammates.

- I will **interrupt** the bullying behavior, if it feels safe to do so. I will intervene respectfully by saying: "please stop!".
- I will **report** what I saw or heard to a trusted adult or person of authority. I will also encourage the person I saw being bullied to report it, too.
- I will **reach out** to the person who was targeted and let them know that **bullying is never OK with me**, and ask how I can help or assist them to get the help they need.

✓ I will choose **words and actions** that show my **respect, kindness, and compassion** for all people and always make everyone feel **included and safe**.

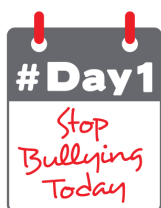
✓ I will **not speak or act negatively about how another person is different from me**; including their race, religion, sexual orientation, gender identity, home language, body shape or size, skin color, ability level, or any other real or perceived difference. Instead, I will choose to learn about and celebrate what makes them unique, special and precious. If I hear others speaking or acting negatively because of someone's differences, **I will choose to be an Upstander** and speak up.

✓ If I learn in person or online that someone is feeling seriously depressed or potentially suicidal, I will **reach out** and tell this person, "Your life has value and is important, no matter how you feel at the moment, and no matter what others say or think." I will strongly encourage this person to get professional help.

**I pledge to be an Upstander!**

NAME

DATE



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