



# Make the Pledge

*To Stand Up  
& Speak Out Against Bullying.*

*To Recognize The Inner Worth  
& Value of Everyone.*

*To Show Others Kindness,  
Respect & Eliminate Hurtful  
Behavior.*

*To Recognize My Ability To  
Create Change.*

*To Be The Change  
You Want To See In The World.*



- \* *Stop the Escalation – Do not respond to “minor teasing or name calling”; if you can, leave*
- \* *Slow down – Try to figure things out*
- \* *Emotional Intelligence – Put yourself in the other person’s shoes*
- \* *Take Action – Untag any photos that may have been posted*
- \* *Request the person who posted the photo to remove it*
- \* *Get Help – A close friend, a family member, a teacher, school administrators, counselors, and even police officers*
- \* *You can get their support when you are feeling upset, angry or embarrassed by hurtful comments*



Office of the Attorney General  
 Division of Victim Services and  
 Criminal Justice Programs  
 PL-01 The Capitol  
 Tallahassee, FL 32399  
 800.226.6667 or 850.414.3300  
[www.myfloridalegal.com](http://www.myfloridalegal.com)  
[www.safeflorida.net/safesurf](http://www.safeflorida.net/safesurf)

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**STAND TOGETHER**  
**STAND STRONG**



**ATTORNEY GENERAL  
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Resources: Netsmartz.org  
University of New England, Child Bullying and Suicide



unwanted, aggressive behavior that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time.



Cyberbullying - bullying through Internet applications such as instant messaging (IM), social networking sites, and cell phones.

## You CAN Prevent Cyberbullying!



**CHOOSE**  
*When you choose joy, you feel good & when you feel good, you do good & when you do good it reminds others of what joy feels like & it just might inspire them to do the same.*

### Did You Know?

- \* Bullying is the most common form of violence
- \* Playground statistics - every seven minutes a child is bullied
- \* More than 760,000 U.S. students stay home from school each day for fear of being bullied
- \* Between 15 percent and 30 percent of students are bullies or victims
- \* 282,000 students are physically attacked in secondary schools each month
- \* 1 out of 5 kids admits to being a bully, or doing some "bullying"

- \* Refuse to pass along cyberbullying messages
- \* Tell friends to stop cyberbullying
- \* Block communication with cyberbullies
- \* Report cyberbullying to a trusted adult
- \* Speak with other students, teachers and school administrators, to develop rules against cyberbullying
- \* Raise awareness by holding an assembly and creating fliers to give to younger kids or parents

*A Negative Mind Will Never Give You A Positive Life*

