



[ It stops on Day 1. ] #Day1

# Welcome to #Day1 for Middle & High School

This simple, effective, and empowering intervention prevents bullying before it begins. #Day1 is simple. Just follow the four steps below.

1

Read and practice the Declaration with Littles and Bigs. You can adapt the language for your Littles, but don't leave out any of the ways that kids might be mean or hurtful to each other.

2

Have Littles repeat after you each sentence of The Upstander Pledge, again adapting the language but keeping the examples.

3

Be prepared to notice and stop unsafe or disrespectful behavior using the attached Intervention Tools provided by Kidpower International.

4

Share with us by email or social media how #Day1 worked and is working for you and your Littles. Include any pictures, videos, or other testimonials of how #Day1 makes an impact in your community.



[www.tylerclementi.org/day1](http://www.tylerclementi.org/day1)

#Day1

Stop  
Bullying  
Today

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# #Day1 Declaration

We are committed to creating an environment that is not only about helping Littles achieve success in life, but also about relationships and creating community, one that is safe for and respectful of ALL its members.

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... Little or Big - 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 they don't act the way you think a boy or girl should, or because you don't like how they dress, or look, or their customs, their sexual orientation, their political beliefs, their religion or whether they have a religion at all.

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

We expect you to do your best to demonstrate respect, kindness and empathy 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, make amends, and examine your actions.

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

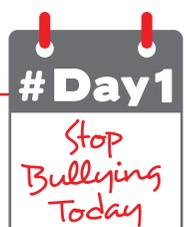
(We ask all #Day1 Leaders to not alter the above language. It has been carefully constructed and informed by research. Feel free to add language, but do not subtract any. For more information on the research behind #Day1 go to [tylerclementi.org/day1](http://tylerclementi.org/day1))



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# #Day1 Upstander Pledge for Kindness and Inclusion

When I witness bullying at school, home, work, online, at practice 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 my Big Brother, Big Sister, or 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 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 adults who can offer assistance.

NAME

EMAIL

ZIPCODE



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# Intervention Tools To Stop Bullying, Hurtful Teasing, and Prejudice

Thank you for using the #Day1 Declaration to declare your values and making the #Day1 Upstander Pledge with the children in your life! **Now, here is what to do when people act in ways that conflict with these values:**

**Set a good example including speaking up when adults model disrespect.** Children learn more from your actions than your words. Avoid using sarcasm as a form of humor. Model resolving conflicts respectfully and powerfully. Share #Day1 with others. If adults act disrespectfully, say with a positive attitude, "Excuse me. I understand that you were just joking or expressing your opinion. And I feel uncomfortable with comments like these in our community, We want everyone to feel welcome here." See [Speaking Up](http://bit.ly/2iN0iLZ) <http://bit.ly/2iN0iLZ>

**Water what you want to see grow.** Notice and point out ways that kids, adults, and characters in stories are making respectful choices and being kind to each other. Teach the skill of appreciation by helping children to notice good things that they can be thankful for or that others are doing.

**Teach kids understanding and empathy for differences.** Read stories and play games that help children to see many different kinds of people positively. Ask, "What would that feel like if xyz behavior happened to you?"

**Teach and practice Kidpower social safety skills including impulse control so young people are prepared to take charge of safety.** Be realistic and pay attention. Kids and adults alike need reminders about what is and is not okay. Day1 is about upholding an ongoing commitment to respect, not just a one-day tool. Resources can be [found here](http://bit.ly/2j1bSDv). <http://bit.ly/2j1bSDv> and [here](http://bit.ly/2ix2hke) <http://bit.ly/2ix2hke>

**Don't let kids throw stones.** Stop threatening behavior or disrespectful jokes, gestures, games, or play with the same intention that you would stop someone from throwing a stone through a window. Say, "Stop! That's not respectful. Remember our Day 1 Pledge!"

**Use harmful behavior as a teachable moment.** Coach children to think about safer choices for resolving conflict, Help them to understand each other's perspective. Use [Practice as a Management Tool for Unsafe, Disrespectful Behavior](http://bit.ly/2iMW8DV) by rehearsing social safety skills. <http://bit.ly/2iMW8DV>

**Make SURE kids know you care.** Discuss the [Kidpower Protection Promise](http://bit.ly/2hWZ5k0): "YOU are very important to me. If you or others have a safety problem, I want to know – even if I am busy, even if it is embarrassing, even if you promised not to tell, and even if you made a mistake." <http://bit.ly/2hWZ5k0>

**Provide support when a child comes to you for help.** Say, "Thank you for telling me. I am sorry this happened and glad you came to me. We are going to figure out what to do in a way that does not cause bigger trouble for you." See: [When Kids Come to You For Help](http://bit.ly/2iMOVUE). <http://bit.ly/2iMOVUE>

**Take responsibility for stopping bullying in person and online.** You're the adult. Act. Stop bullying when you see it. Forcing a bullying youth and a bullied youth to "talk it out" rarely works well. Instead, you can require youth who bully to understand their harmful behavior and find ways to make amends.

**Involve parents, guardians, and other responsible adults in providing support and guidance.** Tell parents and guardians about problems and your plan for solving them (if their child is bullying or being bullied.) See [How Do I Stop My Child From Bullying?](http://bit.ly/2iUVUbg) <http://bit.ly/2iUVUbg> and [How Do I Help A Child Who Was Severely Bullied Recover?](http://bit.ly/2j8RwEV) <http://bit.ly/2j8RwEV>

To learn about Kidpower's exceptional social safety curriculum and extensive resources, visit [kidpower.org](http://kidpower.org)



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