



# ANTI-BULLY PLEDGE

**Bullies act tough on the outside, but are very unhappy on the inside. Bullies make others feel bad, so they can feel better. Bullies don't understand that they will feel better if they make friends by being kind to others.**

**If you see a bully shoving, hitting or making fun of someone else, be sure to go and tell an adult you know. Remember that being a friend is always better than being a bully.**

**Memorize the anti-bullying pledge below and then teach it to your friends. The more everyone tries to be friends and work together, the less bullies there will be.**

**I'll never be a bully  
They tease and hurt and lie  
I'll never think its fun  
Making other people cry**

**I promise to be friendly  
To all the kids I see  
Making friends is better  
A friend is what I'll be**

**X \_\_\_\_\_**

