



OUR NO BULLYING! CONTRACT



We, the students at Odem Junior High School agree to do the following...

Bystanders...

I will not stand by and watch someone be teased, threatened or hurt. I will not watch an in-person fight or get involved with cyberbullying (texts, IM, blogs, etc.)

I will stand up for what is right by telling the bully to stop, distracting the bully, or inviting the victim to spend time with me and my friends.

I will do my best not to listen to gossip, rumors or private information that I hear about another person.

I will not tell other people something that I hear about someone else without their permission.

I will include people who are often left out or students who are new to the school.

I will tell a trusted adult at school and at home when bullying is happening.

I promise to follow the school rules about bullying and to do my part to make our school a safe, comfortable place for myself and other students to learn by treating other people how I would want to be treated.

Victims...

I will tell someone at school and at home if I am being bullied.

I will stand up for myself with strong eye contact, a firm voice and the confidence that I deserve to be treated better.

I will spend time with people who are respectful and kind to me, even if it means ending a friendship with someone and making new friends.

I will control my own emotions and let my feelings out with a trusted adult when I am in a safe place.

I will ask the counselor, friends, teachers, parents, principals, sisters/brothers or others for help with the bullying or cyberbullying situation.

I will be very careful about sharing my personal information with someone to protect myself from gossip.

Bullies...

I will control my temper when I am upset.

If I don't know how to calm down, I will ask for help from someone at school and at home.

I will not tell hurtful rumors, gossip or stories about someone to another person.

I will be respectful to everyone at my school, even if I don't want to be friends with them myself.

If I am upset with someone, I will talk to the person about it calmly, when we are alone and I will try my best to work it out respectfully.

I will not use violence, threats, gossip or intimidation in my relationships with other people in person or through technology (phone, computer, etc.)

Student Signature

Parent Signature

Date