

## PLEDGE



From this day forward, I promise to respect those around me,  
and respect myself.

I am **SOMEBODY**.

*I make a difference.*

I can make another person feel loved. I can help others.

I will not stand

silent as others are mean or while someone else needs help.

Instead, I pledge to show everyone that they are important, and show them that  
their  
life matters.

**I will be the change because I am SOMEBODY.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

[www.NoSuchThingAsABully.com](http://www.NoSuchThingAsABully.com) / [www.momentofkindness.com](http://www.momentofkindness.com)

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