# I Pledge
## (30 Minutes)

**Objective**: Students identify and pledge not to copy the actions of bullies.

**Materials**: One index card for each student, poster board, markers

Ask students, "What do bullies do?" Give students a few minutes to think quietly. (Student responses may include: intimidate others, start rumors, shove someone in the hallway, etc.)

Hand out index cards to students. Ask students to answer the question by making a list on the index card that includes as many ideas as they would like to share. They should not write their names on the card. When students are finished, collect the cards. Create two columns on the board, one labeled "Physical" and the other labeled "Verbal."

Ask for two volunteers to come to the board. Explain that you will read the responses on the index cards. After you read each idea, the class will identify each as physical or verbal bullying. The volunteers will write each idea in the appropriate column on the board.

When you have finished classifying every idea from the index cards, take out a piece of poster board. In large letters write "AS A CLASS WE PLEDGE NOT TO" across the top of the poster board.

Ask students to refer to the "Physical" and "Verbal" columns on the board and also to think about their own ideas about bullying. As a class, decide which words and actions to include in the pledge for a bully-free classroom. By including these ideas, students are committing to avoid saying or doing them. As students share ideas, write them on the poster board.

When you finish writing, have all students sign their names on the bottom of the poster board. Hang the poster in the classroom or on the door.

To conclude, ask students to write in their journals (or share in small groups) their own experiences with bullies from one or more of the following points of view:
- Someone who was bullied.
- Someone who bullied another person.
- Someone who witnessed a bullying incident.
- Someone who intervened in a bullying incident.

Discuss some of the experiences as a class.