

Don't Be a Bully!

*At Monterey Park,
the students are
focused on learning!*

Remember Eagles:

- 1. Come to school every day, early*
- 2. Always do your personal best*
- 3. Respect yourself and others*



Anti-Bullying Pledge

We, the students, parents, and staff of Monterey Park School agree to join together to stamp out bullying at our school.

We believe that everybody should enjoy the school equally and feel safe, secure, and accepted.

Bullying can be pushing, shoving, hitting, spitting, as well as name calling, picking on, making fun of, laughing at, talking about someone, and excluding someone.

By signing this pledge, we agree to:

1. Treat others with kindness and respect.
2. Not become involved in bullying.
3. Be honest when an adult at school asks me something.
4. Support students who have been bullied.
5. Be alert in bathrooms, hallways, and other places for bullying.
6. Work with others to stop bullying at our school.

Name _____

Date _____

Monterey Park Elementary School



**Our Proud
Eagles
Proclaim:
No Bullying
at Our
School!**

Bullying Comes in Many Forms

Bullying usually is done in public. It is done on the playground or in the classroom. A bully's conduct is usually repetitive, happening over and over again between the same individuals. They want to establish superiority and inferiority. They want to cause degradation in the victim. The eventual result for the victim is a loss of self-worth. The loss of self-worth makes learning more difficult. The byproduct of bullying is a poor educational experience for the victim as well as other class members.

Are You a Bully?

Sometimes we are a bully to someone else without even knowing it! Answer the questions below. If you answer, "Yes" to any of them, you might be a bully.

Pushing

Do you ever push someone else? If so, you might be a bully.

Name Calling

Do you ever call someone names or say mean things about them? If so, you might be a bully.

Intimidating

Do you ever threaten someone or say something to or about him or her to scare him or her? If so, you might be a bully.

Vandalizing

Do you ever cause damage to someone else's property? If so, you might be a bully.

Stealing

Do you ever take something that does not belong to you? If so, you might be a bully.

Rumor

Do you ever spread rumors about someone? If so, you might be a bully.

Teasing

Do you ever tease someone? If so, you might be a bully.

Extortion

Do you ever threaten someone to do something unless they give something to you? If so, you might be a bully.

Ethnic Slurs

Do you ever make fun of or talk about someone because of his or her ethnicity? If so, you might be a bully.

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