

# La Mesa Junior High School

## Anti-Bullying Contract 2019-2020

We the students of La Mesa agree to join together to stamp out bullying at La Mesa Junior High School.

We believe that everybody should enjoy our school equally, feel safe, secure and accepted regardless of color, race, gender, popularity, athletic ability, intelligence, religion and nationality.

Bullying can be pushing, shoving, hitting and spitting as well as name calling, joking on, making fun of, laughing at or excluding someone. Bullying causes pain and stress to victims and is never justified or excusable as, "kids being kids", "just kidding around" or any other attempt to stay out of trouble. The victim is never responsible for being a target of bullying.

**By signing this contract, we the students agree to:**

1. Accept student differences and treat others with respect.
2. Do not become involved in bullying incidents or be a bully.
3. Report honestly and immediately all incidents of bullying to a faculty member or the bully box.
4. Be alert in areas around the school where there is less adult supervision such as the bathrooms or behind buildings.
5. Support students who have been bullied (show empathy.)
6. Talk to parents, teachers or counselors about concerns and issues re: bullying.
7. Speak with other students and faculty to help the school deal with bullying more effectively.
8. Encourage teachers to discuss bullying issues in the classrooms.
9. Be a good role model for other students and support them if bullying occurs.
10. Take a stand against the bullies!

**Bully Prevention Principles:**

- I believe it is important to respect other's differences.
- I believe it is important to respect other's rights and responsibilities.
- I am able to identify what bullying is and am willing to stop it from happening.
- I know how to get help if I am being bullied or see someone being bullied.

**PRINT**

Student's **First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

Student's Signature \_\_\_\_\_

**Grade** \_\_\_\_\_

**Date** \_\_\_\_\_