



## THE GAB UPSTANDER PLEDGE

"I, \_\_\_\_\_, pledge to be an Upstander in my home, school, extracurricular activities and in my community.

I pledge to be kind, courageous and be an Upstander in a non-threatening way.

By being an Upstander, I am making the world a better place.

*(show the GAB Upstander sign – Upside down peace sign)*

Are you strong enough to stop a bully?

Make your pledge at [gabnow.org/pledge](http://gabnow.org/pledge)"