

#BEKIND

BOUNCE BEYOND BULLYING

#B.O.U.N.C.E

## BOUNCE BEYOND BULLYING PLEDGE

I pledge to **Believe in myself**, no matter what. I know I am important, and I will never let anyone make me feel less than I am.

I will remember that **Others matter** too, And I will treat everyone with kindness and respect, because we all deserve to be treated well.

I will always **Use kind words**, Because my words can help others feel better, not worse.

I will **Never hurt others** with my actions or words, Because bullying only makes things harder for everyone.

I will be **Caring**, even when things are tough, Because kindness is what makes me truly strong.

And I believe that **Everyone belongs!** No matter our differences, we all deserve to feel safe and valued.

### SIGNED BY:

**B.O.U.N.C.E** is my reminder to stay strong, stay kind, and always get my BOUNCE back!

Because together, we can create a school where kindness and respect are the rules!

(INSERT YOUR NAME)

VISIT [BOUNCEINC.CO.ZA](http://BOUNCEINC.CO.ZA) FOR MORE INFO

**BOUNCE**<sup>INC</sup>  
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