

Figure 2 Bully-Free Declarations

Here is a sample Bully Free Declaration adapted from *Aspergers and Bullying** (Dubin, 2007):

We the students, teachers, and parents of ____ school, declare that all members of the community are valuable citizens. We affirm that no student will ever be teased or bullied with an intention to cause harm. We agree that students who choose to act contrary to this policy should be subjected to consequences for their actions. It is important to stand up for the people who have been bullied and to let those who bully know that what he or she is doing is unacceptable. It is in the ____ tradition that we affirm these principles of inclusion and acceptance for every student, teacher, or member of our community. (p. 128)

Sample contract for parents on first day of school:

Dear Parents and/or legal guardians,

Please read and review the bully free declaration with your child. Below you will see a contract that we are asking students and parents to sign. Discuss the contract and the importance of bullying prevention with your son or daughter before he or she returns to school with signed contract tomorrow.

I ____ agree that I will abide by the principles and policies set forth in the Bully-Free Declaration. If I don't abide by then, I agree to accept the consequences for my actions (Dubin, 2007, pp. 128-129)

*This may be modified for the needs of any school.