

My Peace Promise (Your name: _____)

I promise to help peace grow. I will practice my Peace Promise everyday:



When I see bucket-dipping,

I will say something

or get help

even if I'm scared,

and even when no one else does,

because it's kind and caring.

I promise to practice a "bucket-filler" idea every day.

I AM CARING. I AM COURAGEOUS. I AM A BUCKET-FILLER.

I HELP PEACE GROW WHEN I STAND UP.

I SIGNED THE "CARING & COURAGEOUS KIDS PEACE PROMISE".

Peace Promise examples of standing up:

- ♥ I will tell the person who is bucket-dipping to stop if I feel safe.
- ♥ I will help the ones being bucket-dipped leave the situation if I feel safe.
- ♥ I will help others feel included when they are left out.
- ♥ I will not spread lies.
- ♥ I will remind others when they make mistakes with bullying or standing by. Others will remind me if I forget.
- ♥ If I cannot stop the bucket-dipping, I will report it to a grown-up (at school or at home) so the bucket-dipping will stop. If a grown-up does not know how to help, I will keep asking until I get the help that is needed so everyone can feel safe and peaceful. Reporting is not tattling, it is helping someone, and it helps everyone!

Bucket-dipping or Bullying is the opposite of peace...

- Bullying is saying or doing something to hurt someone on purpose.
- Bullying is bucket-dipping.
- Bullying makes others feel hurt, sad, scared, or left out.
- Bullying is not cool, and I don't want it in my school.
- If I choose not to report or to help stop bullying, my silence allows the bullying to continue.
- People who bully are not bad people, they are making bad choices! They often have something else going on in their life that is making them feel really bad, and think that making someone else "hurt" will make them feel better. This does not mean that bully behavior is ok, but understanding this behavior can help get them the adult help that they need.