

THAT'S NOT COOL PLEDGE

Take a stand against digital abuse

I, _____, pledge the following:

- I will show respect in all my relationships, in person and online.
- I will identify and maintain my personal digital boundaries.
- I will act as an upstander when I witness abusive behavior, online or off.
- I will have the courage to get help if I need it.
- I will have the compassion to give help to others in abusive situations.
- I will not pressure, control or coerce others online or in person.
- I will encourage those around me to develop healthy relationship habits, and will speak up when I see signs of abuse.
- I am committed to ending teen dating violence and digital abuse and will continue to work towards the goal of healthy relationships for all.