

For Tips & Tools to create great youth competitive environments and experiences and to find practical, early-step mental health services resources, visit the BMSproject.org.

Anti-Bullying Pledge

Please read the Pledge below. By signing and dating the document, you acknowledge your commitment to supporting positive competitive experiences.

STAND TALL, STAND PROUD and ABIDE by the following PLEDGE:

I (print name) _____ understand and appreciate that bullying is a despicable, harmful act. Therefore, I hereby pledge not to engage in bullying in any form whatsoever. Furthermore, I agree to report instances of observed, suspected or known bullying to the appropriate, responsible, adult authorities. The pledge above has been read, understood and is agreed to.

Signature: _____

Date: _____

The Pledge above has been read and agreed to.

Print Name: _____ Signature: _____

Date: _____



EMERGENCY
In a crisis, call "911" immediately
If considering self-harm, call "988"
The National Suicide Intervention Lifeline

SEXUAL ASSAULT
To speak to a counselor
Call (800) 656-4673
RAINN

CHILD ABUSE
To report suspected child abuse,
Call or text (800) 422-4453
Childhelp National Child Abuse Hotline

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