

To locate and vet counselors, scan the QR code or go to https://thebmsproject.org/mental-health-directory/



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: | |
|------------|--|
| Jighature | |

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 MISCONDUCT To speak to a counselor, Call (800) 656-4673 RAINN

BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE For helpful resources,

CHILD ABUSE To report suspected child abuse, Call (800) 422-4453 thebmsproject.org/Safety Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).

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