



*Sahome's*



*Anti-Bullying  
Project*

**SCHOOL ROOM USAGE GUIDE**



*Welcome to the Anti-Bullying Campaign  
for every school in America.*

# START NOW TO END BULLYING!

*Sponsored by Sahome Org.*

**160,000** students missed school today because of the fear of being bullied. Bullying is an epidemic. 13 million students, nearly 1/3 of all school aged children, are verbally or physically accosted each year. Teasing, taunting, tormenting feeds into phobias, intimidation, fear mongering, inequities and hysteria. We need to protect our youth, and in good faith, defend everyone. Bullying makes no sense because it creates distance and divides us. It keeps people apart, rather than making them feel apart of the whole, to have 1 in 3 badly bullied at sometime in their school career is a national travesty. It is an illusion and ultimately self delusion to think that we can get ahead by hurting someone. We all need to help create a safe and stable environment for children to grow and learn. May we all become activists to end bullying and ridicule. Let us calm tensions. Let us help civility be able to reign in relationships on and off the school grounds. May we consider one another's worth and well being to be on a parity with our own. What is of paramount importance is what we say and do to stop bullying from hurting us. May we be primed and aligned, not just benign and resigned to this national torment.

Therefore, may we suggest to you teachers that you use slogans to undertake an anti-bullying project with your students. To help us accomplish this turn about, we have created a series of slogans as shorthand and a shout-out against cruelty. Because it is when we regard people as barriers and objects of our jollies, that we become carriers of conceit and conflict. We need some prompts, to keep in mind, to create a new frame of mind and frame of reference to change inequity to equanimity and unity. Working together, may our design be to have these slogans move us from impropriety to propriety. Please make up your own slogans and invent your own anti-bullying mottos. Also post them on our internet site: [Sahome.org](http://Sahome.org) for the benefit of the many others. Thank you for your participations in this gallant effort.



# We welcome your response and additions.

## P.S. PROBLEM-SOLVING SUGGESTION:

We propose that each teacher create an Anti-Bullying Bulletin space on the blackboard or wall; perhaps with brightly colored paper banners encasing it, in which one or more of these slogans — or one's of your own originality — could be placed and alternated every day or so; to keep refreshing, in the students minds, the Anti-Bullying effort.

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Please forward your comments or suggestions to us at:



Box 777 • 2600 North Highway 166  
Eden, Utah 84310-0777  
Sahome.org

*Thank You!*



## ANTI-BULLYING SNAPPY HAPPY SLOGANS FOR YOUNG STUDENTS

Hi, I'm your friend, I defend you.

Choose the right spin by helping everyone fit in!

Let's add to glad, not sad.

Be precise, be nice.

What's won right is done right.

Make happy—make lucky!  
Enjoy everyone as special.

Don't cause spite. Be polite.

Make everybody your buddy.

To be hateful is hurtful.  
To be helpful, not hateful, is useful.

Being nice is the best advice.

Share delight. Do what's right.

# SLOGANS FOR OLDER STUDENTS

It's no fun to be undone by name calling.

Being mean is too extreme.

Take no offense. Give no offense.

Bad bad is sad sad.

Slang as slander can put us in a dither.  
The gang can put us in the slammer.

Watch what we say; it may come  
back to haunt us someday.

All of our concern, to stop bullying,  
can spark a concerted effort to stop bullying.

Take the lead, intercede—plead the case  
for anyone who is impeded against.

What's won right is done right.

If there's a will, there's a way. Don't stray into the fray.

Help those who are contentious, cross and cantankerous  
to better themselves for a better more mature future.

It's not hip to gossip. Don't be lippy.

What erkes, gums up the works.



# SLOGANS FOR OLDER STUDENTS

To be a clod is to be slipshod with one's tongue.

It's not neat to cheat.

Insults bring hurtful results.

To be in unison is hard won, but it comes  
when things are well done for everyone.

It doesn't make it right to cause a fight.

Be on the right side of people's good sides.

We lose self esteem when we esteem others wrongly.

Let's overcome the arrogance of annoyance.

Do no cruelty. Do no hostility. That's not where it's at.  
Don't use others as a doormat.

Be benign, disinclined to tease or torment anyone.  
This is the bottom line: don't sideline or malign anyone.

Make no jest, welcome everyone as a welcome guest.

Through making the kind request,  
we help things end the best.

Watch it. Don't botch it. Watch what you say.

Don't be docile, be versatile, smile.

# SLOGANS FOR OLDER STUDENTS

We believe in people who believe in us.

No blame. No shame. Just by being kind  
we put everyone in the best frame of mind.

Repel, dispel bullying of any kind.

Mind the tongue when we're young. Look out for everyone.

Cause no harm, no alarm.

Be a delight: like everyone in sight.

We flunk when we turn others into junk.

Hurting others is not spunk; it's bunk.

We're the sorry bloke, when we try to  
make others the brunt of a bad joke.

Teasing and taunting makes us look wanting.

Mischief misses the point, because it creates  
disappointment and disparagement.

Being pushy is not cushy . . . Inflict not. Infringe not.  
To inflict pain is to stain our own character.

Don't pick on — Don't inflict upon anyone.

When we intend well, things go well.

If we cheat, we defeat ourselves.

# SLOGANS FOR OLDER STUDENTS

To speak positive, we can't think negative.

Disapprove of anyone's hurtful move.

Don't do others in. Help everyone to win.

Anger creates danger.

Being forbearing and caring is deserving of praise.

Showing vigilance against violence, overcomes indifference.

We don't go awry if we apply ourselves to good ethics.

To lambast and harass causes pain, hurt and suffering.  
That's the reason we want to overcome bullying.

We believe in people who relieve hurt and suffering.

Hold your tongue. Don't beat up or beat down anyone.

Building good character is being mature.

It's inspiring to be untiringly nice.

Be a good influence by building self confidence  
through common sense.

It's win win, when we all fit in.

# SLOGANS FOR OLDEST STUDENTS

Give credit where credit is due.  
Best results will come to you.

Don't ignore esprit de corps.

When we are rude and crude  
we become the results of our attitude.

It is ridiculous to be heinous.

Self reliance come from compliance with good balance.

Belligerence is dismal dissidence and big hinderance.

Arrogance is about selfish indifference.

Infractions become distractions  
from best practices and actions.

We're preposterous when we're obnoxious.

Commiserate with rather than  
agitate or alienate anyone else.

Being prudent helps make a good student.

It's of little value to devalue others.

Keep malice and mischief at arms length.

# SLOGANS FOR OLDEST STUDENTS

Don't cause alarm or harm.

Maximize benefits to overcome deficits.

To be contemptuous is disastrous.

Eliminate those wayward words that castigate.

Help people up; don't knock people down.

What's plausible? Being honest, trustworthy,  
and involved in a good hearted cause.  
So living, so doing is worthy of applause.

To be liked by everyone is to be a friend to everyone.

To be indispensable is to be responsible and sensible.

Kindness comes from mindfulness and helpfulness.

Helping others out helps us to become stout.  
Therefore don't back out from helping others out.

Don't do others in. Help others to win.

The sensible thing is to help everyone  
to feel better about themselves.

By showing courtesy and being kind we show:  
prowess, not cowardice, to our kindred kind.

# SLOGANS FOR OLDEST STUDENTS

Abuse is misuse of our powers and prerogative.

Show remorse, then take the better course.

Harassment is energy misspent and  
is intent not well meant.

Taunting is intent on a bad bent.

It's no fun to be made fun of.

Cruelty is gruesome and shows little wisdom.

Do more to deplore hostility and violence.

Hugs go a lot farther than shrugs.

The best defense is to combat indifference.

Heckling, inferior making is devastating  
and lessens us all by the undertaking.

Let's fathom and follow the phenomenon of peace.

If it is to be, it is up to us to stop bullying.

To be kind and sweet and good is the way to be understood.

Change the gig, when others become the brunt of other's  
digs. Be a better example. Don't trample.

# SLOGANS FOR OLDEST STUDENTS

Amplify the good. Mollify the bad.

Lead, don't concede. Help hurt feelings to be corrected.

Keep trying and complying by competent conduct and kind consideration. Create good luck.

Stamp out stodgy stogy speech that breaches, blitzes, and blisters. Don't sully other's reputations.

Inordinate manners are banner of our discordant thinking.

Grudges keep our weaknesses alive.

Teasing, taunting and violence are a pall upon all of us.

Stop ridicule. Ridicule is an enemy to all of us. Stop ridicule, so no one has to be a victim of other's contempt. No one is exempt. Show up. Speak up so the revilers shape up.

To hurt and hassle others is reckless ruinous behavior. By lessening others we do ourselves a disfavor because everyone is intertwined in Earth's order.

Don't worry or annoy others because we don't know their story.

It is not helpful to be spiteful or hurtful.

Belligerence is not a sign of good intelligence, because it only assures bad consequence.

# SLOGANS FOR OLDEST STUDENTS

Follow infraction with true confession so that we reverse any adverse condition and heal tribulation.

We're in error when we out others in terror.

Doing what can hurt us should be beneath us.

Because we are masters of our own fate;  
it is never too late to reinvent ourselves.

Show sanity by civility.

Get ready. Take it steady.  
Mind your mouth. Mind your tongue  
then the game's half won.

Change desperation by raising expectation of fairness.

If we cower while other devour things go sour.

Let us not let the egregious behavior of some whip us into  
a siege mentality through which we are further besieged.

To be destructive is very unimaginative.

Don't upend or offend but be depended upon, to defend.

Tenderness is the perfect blend  
of kindness and helpfulness.



# SLOGANS FOR OLDEST STUDENTS

If we haven't succumb to vicious cruelty or injury,  
then we've overcome the predator mentality.

To trouble or annoy, to afflict or oppress,  
to torment or worry only cause distress and duress.

Change brutality into cordiality.

When bullying is withstood, people are good to be with.

Ponder, don't squander your chance to be a peacemaker.  
It's noble to be a proponent for peace and contentment.

End hostility. It's no fun to be undone or  
under the gun from other's insensitivity.

Don't bust self trust. Integrity is a must.

Stop cheap shots. To be fractious, frightens us.

Entrapment is a bad rap. Don't handicap the handicapped.

It's better to clean up other's mess, than to magnify the mess  
up. Insidious incidence come of capricious dissidence.

Inflict not, infringe not.

Ridicule wrecks us and pushy chiding hurts us.  
So turn a negative into a plus and end the muss.

# SLOGANS FOR OLDEST STUDENTS

It's no vice to be nice. To be nice is the best advice.

When we help, we may bring others to  
respond more positively to the cry for help.

The actions of hate leaves us all ungrateful and forsaken.

May your vote to keep the peace and the  
boat afloat, be appreciated by all of us.

Do not let egregious indecencies widen our deficiencies.  
The telltale sign of an uncouth youth is how  
one mistreats one another.

Abuse and misuse takes a toll on everyone because it  
undervalues and under serves each one of us.

Empathy is telepathy that shows sympathy.

Let our stance be tolerance and vigilance,  
helpfulness and compliance.

Friends making more friends is the best idea.

End the rampage or rage and carnage.  
Stop it, where is starts, by homage and moral courage.

Thankful reverence builds self confidence.

Vacuums will be filled so do your part so blooms resume.

To be a pest and pessimistic keeps us  
from being idealistic and optimistic.

# SLOGANS FOR OLDEST STUDENTS

Only the brute makes others the  
brunt of their wayward ways.

To make weak things become strong  
is the mark of unselfishness.

Live with the hope from a can-do attitude of gratitude.

We all need to help overcome what is dumb  
by not being a crumb bum against anyone.

Extremism distorts vision and wisdom. For it clouds realism.

We are all dependent upon one another's good graces,  
so don't knock over the traces.

Be wise. Realize that an idle word can jeopardize.

Don't make things worse. Reverse controversy.

Ending the quarrel will take us out of peril.

Be an advantage not a disadvantage.

Good cognisance will change the  
circumstance by showing good sense.

How can we make a difference against impudence?  
It's by prudence and benevolence.

Intercession is a noble profession.

It's prodigious to be generous.

# SLOGANS FOR OLDEST STUDENTS

To torment is an indictment because it only shows how ignorant and indecent the perpetrator is.

Relationships can fray when we don't watch what we say.

Don't put others in a bind. Be kind and refined.

Being a threat, causing fret and frenzy only brings regret.

Be laudable. Make other applaudable.

Positive energy depends upon civility.

Bullying imperils us because it makes our emotional life sterile.

Please don't be docile, help remedy that which is hostile.

Putting others in a bind puts us all in decline.

Take no offense, give no offense.

Any assault puts us in default.

Treat any altercation with virtuous discretion and love expressed through positive emotion.

End ruthlessness with an acclamation of condemnation.

Show an acclamation of condemnation towards berating or browbeating.

# SLOGANS FOR OLDEST STUDENTS

Silly teasing is displeasing.

It's wrong to not have us all belong.

Don't be remiss; don't dismiss bad behavior.

Use positive emphasis to change the malice of prejudice.

Spare one another from desperations and altercations.

Anything pejorative and negative defeats the positive  
so we can't fully live the superlative.

The right vision is for our schools to be  
examples of inclusion not exclusion.

No consternation or alienation, just approbation,  
commiseration, and commendation.

Get it right. Don't slur or slight.

Don't discredit but enhance everyone's merit.

To be an umpire is to be a fair arbitrator.

Change the oppressor, the distressor,  
the transgressor by becoming an intercessor.

To be mature, don't make anyone feel inferior.

Be found wishing for everyone's safety.

Be mature. End war.



*Sahome's  
Anti-Bullying  
Songs*

# DONT'S & DO'S

*Verse 1*      Don't cause fright  
                    be right in everyone's sight.  
Smile, don't revile  
                    go the extra mile.  
and people will be grateful in their heart  
                    when they all feel a part.

*Verse 2*      Don't cause teasing  
                    or bring hurt to anyone.  
Do be helpful and  
                    considerate with everyone.  
Every life is of worth and value.  
                    Helpfulness relies on me and you.

*Verse 3*      Don't cause a boo boo  
                    by tawdry things we do.  
Create good habits  
                    that don't cause debits.  
Make your peace with everyone.  
                    Treat them all as number one.

*Chorus*      Do share the high adventure of courtesy.  
Come to the aid of others with charity  
We all like compliments so give plenty of them.  
Condemn no one, but consider everyone as friend.

# ROLE MODEL

- Verse 1*      I feel a song coming on,  
                  the notes just leap off my tongue.  
I'm young but I know enough  
                  to not do bad stuff.
- Verse 2*      Cause no harm, no alarm.  
                  Be helpful, careful not a pest.  
Make no muss or mess in jest  
                  clean up after yourself.
- Verse 3*      Help others to feel less sad.  
                  Help everyone to feel more glad.  
Being nice is the best advice  
                  with a very small price.
- Chorus*      All to the good.  
                  All to the better.  
We'll have more fun and get more done  
                  when we all work together.
- Verse 4*      Don't be a dim dodo  
                  that causes others to squeal and squirm.  
Be the right nice helpful one  
                  that reflects well on everyone.



# ALL TOGETHER

- Verse 1* Put on that inner glow.  
Feel magnifico.  
Have being kind and courteous  
as our motto.  
Owe everyone a bright hello.  
Let them know you like them  
tip to toe.
- Verse 2* Think twice. Be nice.  
Pay a compliment.  
As we lift other's spirits  
we lift our own.  
Show others where you stand  
by offering them a helping hand  
and caring word.
- Verse 3* Be careful. Be helpful.  
Care and share.  
Spread good cheer everywhere.  
Be fair and square.  
Cause no harm to anyone.  
Share friendships with everyone  
so all fit in.
- Chorus* Being thoughtful, being helpful  
that's how we want everyone to be.  
The best advice is being nice  
to all in our company.

# THE SOLUTION

- Verse 1*      Stop discourteous depraved behavior in favor  
                    of conducive non abusive tender favor.  
                    No jostling or jerking around.
- Being quarrelsome is drearissime at worst.  
                    Think of how other people feel first.  
                    Get negativity and hostility reversed.
- Verse 2*      Get it right, don't slur or slight.  
                    Treat with kindness and not spite.  
                    Calm commotion with peaceful devotion.
- Don't thwart or stymie anyone.  
                    Encourage and lift everyone.  
                    Bring majesty to the moment.
- Verse 3*      Let's all become the vital link  
                    to bring others back from the brink.  
                    Sensitivity is that ability.
- Let's not ever lie, cheat or steal.  
                    Let's always strike a fair deal,  
                    so people can count on us.
- Verse 4*      Mend the chasm of antagonism.  
                    Get it right. Don't slur or slight.  
                    Be wise in other's eyes.
- Set an example, to everyone's liking.  
                    Everyone sees what we're made of,  
                    be it hostility or love.
- Chorus*      Being agreeable, pleasant and delightful  
                    attracts others to us.  
                    It's always in good taste  
                    when no one is defaced.  
                    But everyone comes out well placed.

# MUTUALITY

- Verse 1*      Think it through —  
we all have a job to do  
to stop uncivil, ill conceived behavior.  
It's devious to be reckless  
leaving others undone by our tongue.  
Making no sense by our intransigence.
- Verse 2*      What is essential?  
It's helping everyone perform well.  
Helping everyone be reliable and dependable  
is vital to self esteem.  
Honoring everyone's intrinsic worth  
makes the best sense for the rest of the team.
- Verse 3*      Helpful thoughts bring on  
good deeds, speed good results.  
By showing congeniality and cordiality  
we bring out the best  
and help everyone to do their best  
to make things bright for everyone.
- Chorus*      Build positive self-identity  
                  to overcome adversity.  
Be the one who lifts everyone  
                  as their mentor and moral supporter.  
Be that mentor that builds good character  
                  the friend that others can rely upon.

# HEAVE HO

*Verse 1*      Brighten every path way.  
                  Make good on doing good.  
                  Know the pleasure of making friends.  
                  What a pleasure beyond measure  
                  to treasure up friendships forever.

*Chorus*        End deviation and consternation,  
                    show kind consideration.  
                  What's not to like  
                    about reconciliation.

*Verse 2*        Meanness side tracks us.  
                  Be prepared to defend  
                  everyone's best outcomes.  
                  Let the ho ho ho of ridicule  
                  give way to 'The Golden Rule.'

*Verse 3*        Please don't become cruel.  
                  Overrule harm and alarm.  
                  Make no jokes with other's hurts.  
                  Don't make light of other's quirks.  
                  Otherwise you'll just be jerks.

# THINK IT THROUGH

- Verse 1*      Don't succumb to chiding scumbuzz.  
Work for the best outcome for everyone.  
Be open to big ideas.  
Let's polish the potential to live the miracle  
within each unique one of us.
- Verse 2*      Halt the assault. Don't find fault.  
Please show good faith in everyone.  
Hinder or hassle no one.  
End alienation, build cooperation; allow everyone  
the right of self determination.
- Verse 3*      Fix the toxic mix of vitriol and violence.  
Live discretion, live good boundaries.  
Be kind, be refined.  
Disjoint, disappoint no one by pointing fingers.  
Retool away from ridicule.
- Verse 4*      Prevention is the best intervention.  
Don't beleaguer or bother anyone.  
Kindness is limitless.  
Don't limit, but strengthen people's reputation.  
Thereby we strengthen cohesion.
- Verse 5*      Think courtesy and diplomacy.  
Heed the right, do right by everyone.  
Be helpful, not hurtful.  
Be efficient and proficient with goodwill.  
Good deeds always build our adequacy.
- Chorus*      Cause no fuss.  
Show constraint. Cause no complaint.  
Slightings and slurs deters us.  
Stop contention. End conflict and confrontation.  
Be a beacon of reconciliation.

# SING ALONG

- Verse 1*            Let's be better at being together.  
Let our increase, not decrease,  
                         our pleasure in one another.  
Let the chords we sing  
                         show the unity we bring  
                                 by harmony, grace and goodwill.
- Verse 2*            It's true, the essence of fun  
                         is caring for everyone!  
May our influence be free of offense.  
No hassle, no hurt, no violence.  
Just building self esteem and confidence.  
                         All sharing goodwill and benevolence.
- Verse 3*            It's no bother to be better  
                         and more careful with each other.  
No offense, no arrogance, no negligence.  
                         Causing no mess, causing no fuss  
                         just prudence, good sense, and due deference  
                         wanting to respect everyone's uniqueness.
- Verse 4*            It makes no sense to cause dissidence  
Life's great and people do well  
                         as we reverence our interdependence.  
Nothing discordant, nothing abhorrent  
                         putting no one in jeopardy  
                         wanting to have us all be in harmony.
- Chorus*            Our song of peace  
                         should never cease!  
Our song of peace  
                         should never cease!  
May our song be your song  
                         and your song our song.  
The reward for being of one accord  
                         is love with joy and harmony.

# LET'S DO IT!

- Verse 1*            Let's be employed to a good purpose.  
                          Let's help everyone move forward.  
                          Putting everyone in a good light.  
                          As we heighten our prospects together  
                          everything seems to go better.
- Verse 2*            Let's believe in the value of everyone.  
                          Let's build their self esteem.  
                          Let's rise to the occasion.  
                          Let's heal division and redeem the gleam  
                          in everyone's eyes and smile.
- Verse 3*            Let's 'improve the occasion' for each one.  
                          Dare to be the deciding difference.  
                          Be genuine, respect everyone.  
                          Help everyone have a better experience.  
                          Let's be the uplifting influence.
- Verse 4*            What makes us truly shimmer and shine.  
                          Good manners are our lifeline.  
                          Being refined gets us aligned  
                          to better outcomes in the sunshine  
                          so let's rise and shine.
- Chorus*            I believe in you  
                          You believe in me.  
                          We are great together  
                          as anyone can see.  
                          Let's all stand tall to be congenial,  
                          that's the best protocol.



*“True policy, as well as  
good faith,  
in my opinion, binds us  
to improve the occasion.”*

— GEORGE WASHINGTON