



BE A BRIDGE PLEDGE

I will be the one to reach out and say hello.

I will keep an open mind.

I will give my full attention when someone is speaking, to make them feel seen, heard, and valued.

I will acknowledge other people's feelings.

I will offer encouragement instead of criticism.

I will talk positively about others.

I will invite everyone to be part of an activity.

I will flex my empathy muscles and try to understand another's viewpoint.

I will be myself.

I will use computer and phone screens to strengthen connections with others.

I will not interrupt a comfortable silence.

I will devote time to rest and reflection.

YOUR NAME