

**B**e part of the movement

**U**nderstand the cause

**L**ead with a positive attitude

**L**isten with an open mind and heart

**Y**ou can make a difference

**I**ntegrity matters

**N**ever allow cruelty to happen

**G**et involved and support the issue

**P**rotect each other

**R**espect one another

**E**mbrace diversity

**V**alidate and comfort your friends

**E**ncourage friends to get help

**N**otify someone that cares

**T**reat one another with kindness

**I**nspire others to join the movement

**O**ptimism will prevail if we act with care

**N**otice someone is hurt and take action

