

'No matter what people have done to you, no matter how you have been treated. no matter what has been said to you or what mistakes you have made, you have not lost your value"





"Instead of being a BYSTANDER, we can be an "UPSTANDER," someone who stands up for those who are targets of abuse or those who may not be able to stand up for themselves."

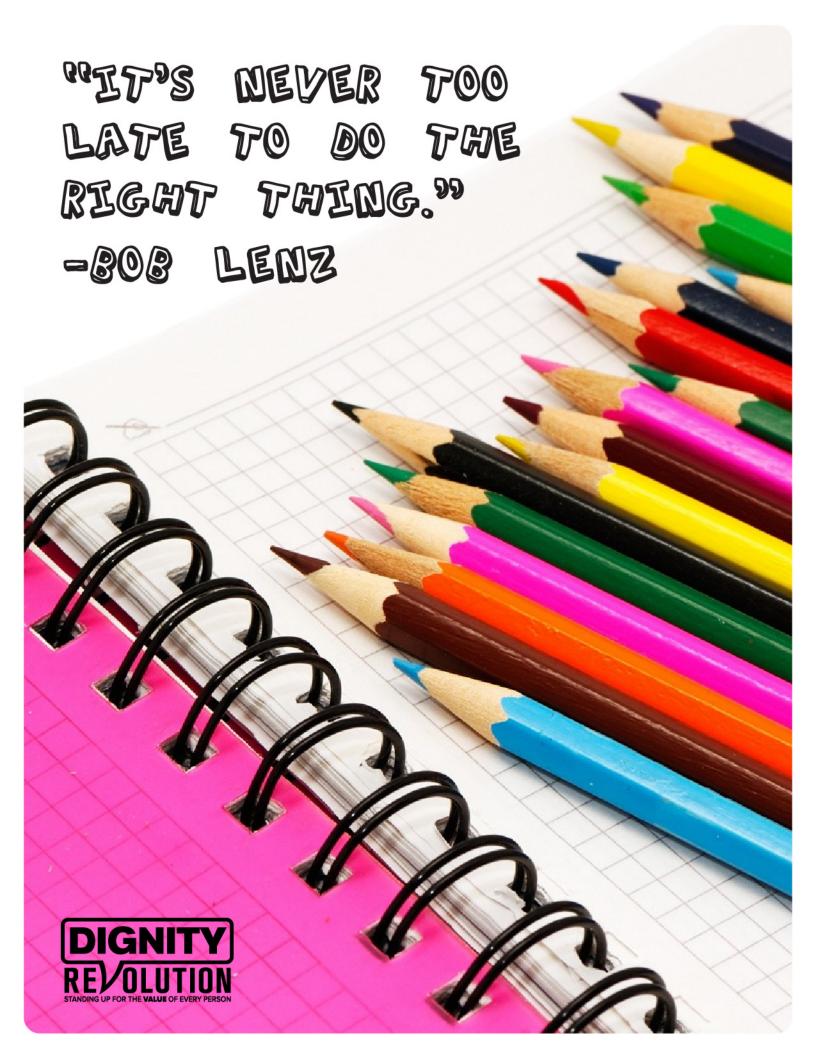


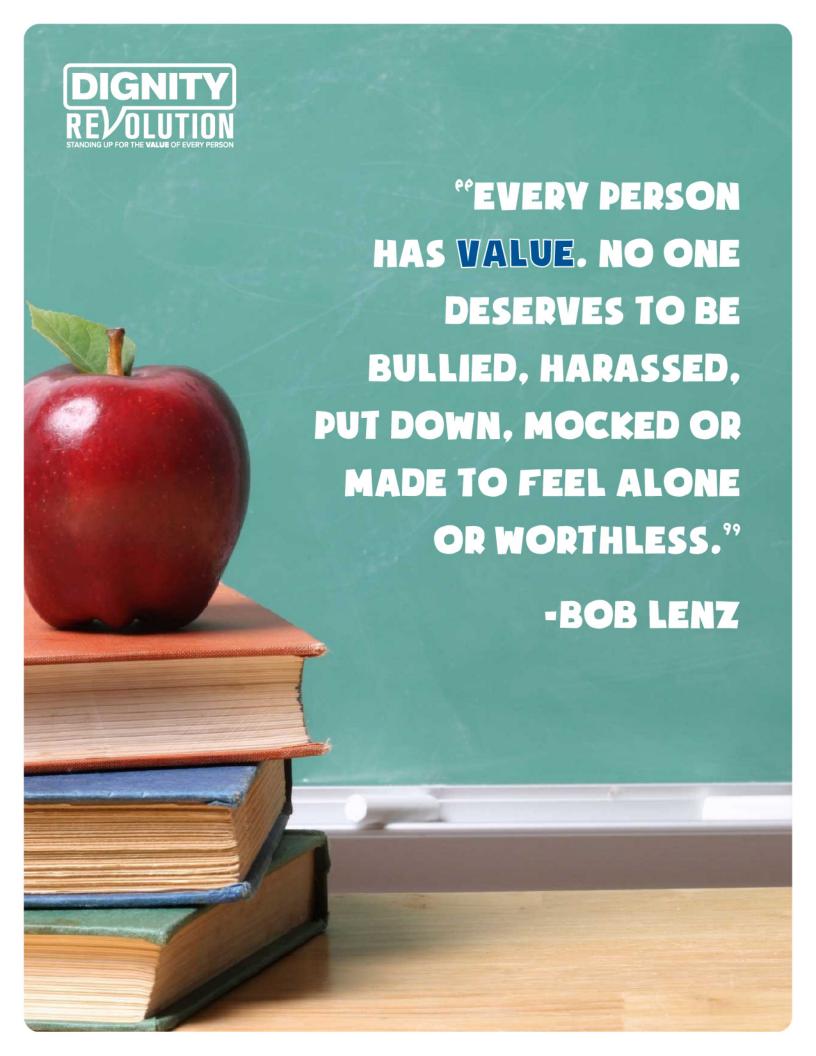






PUT A SMILE ON SOMEONE'S FACE TODAY.







"REAL INTEGRITY

is found when you care for the DIGNITY of every person, even the person you disagree with the most."

-Bob Lenz









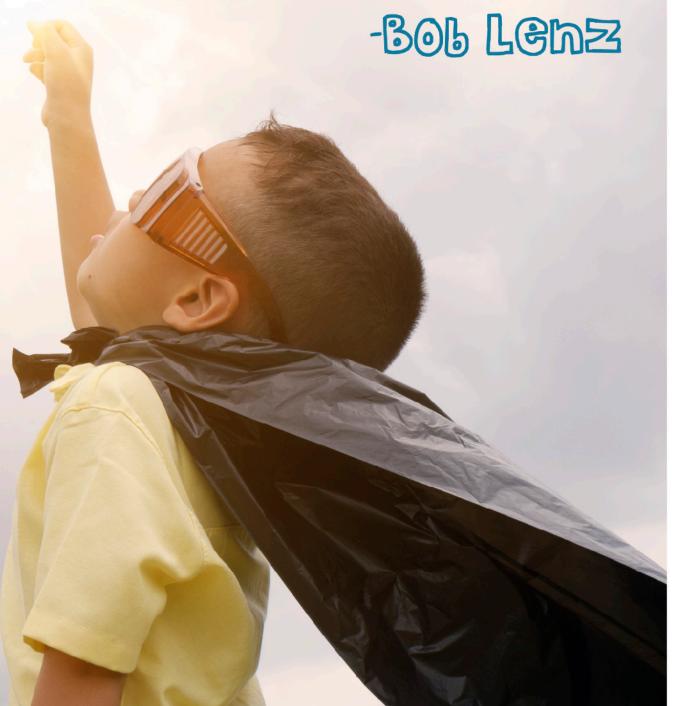
"REMEMBER, BY DOING NOTHING WE ARE SENDING A MESSAGE THAT IT IS OKAY TO BULLY OR ABUSE ANOTHER HUMAN BEING AND THAT BULLYING BEHAVIOR IS ACCEPTABLE."

-BOB LENZ

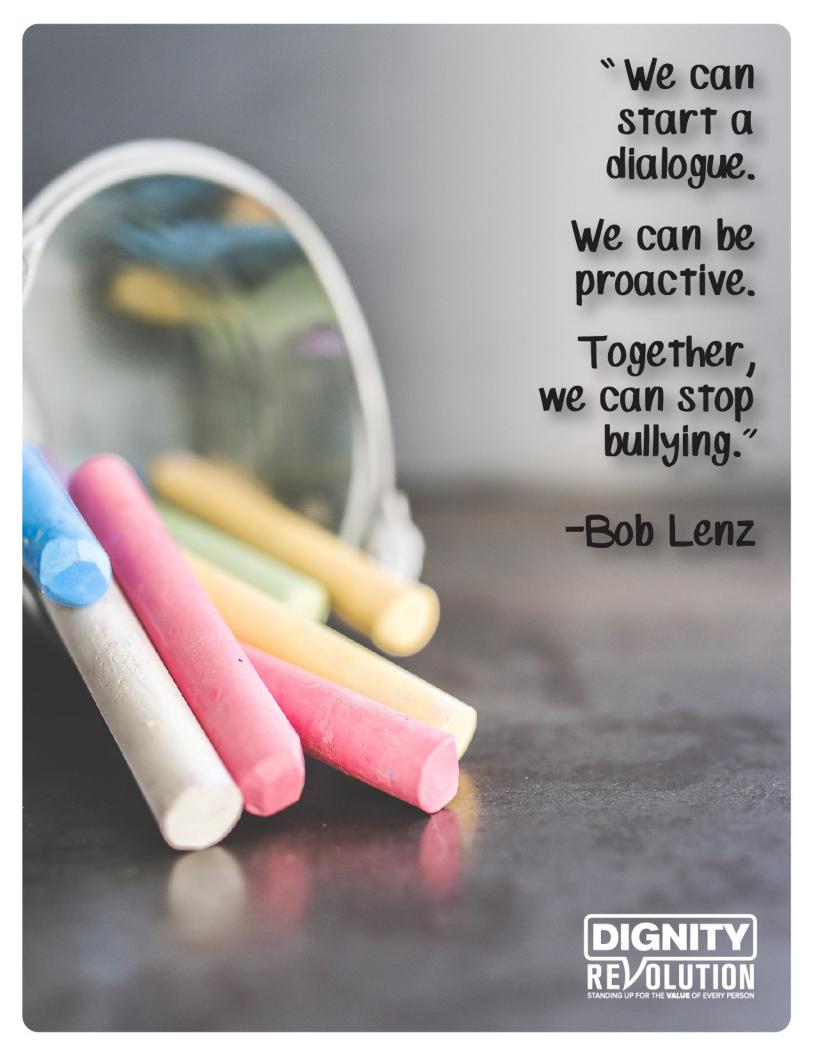




Have coupase to stand up tor what you know is risht!







"We cannot let the bullies control us."



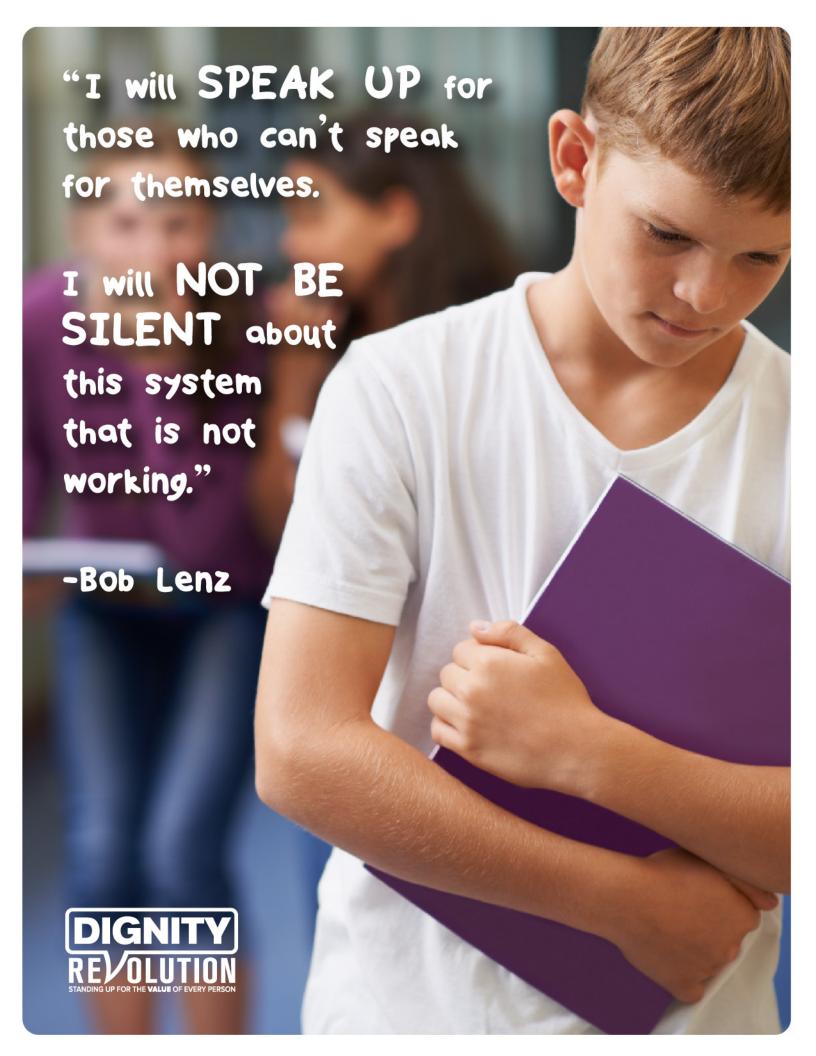
"TO TRULY HAVE A DIGNITY REVOLUTION, A "MASK-FREE" SOCIETY MUST BE CREATED WHERE EVERYONE HAS THE INNATE RIGHT TO FEEL VALUED AND RESPECTED."

-BOB LENZ

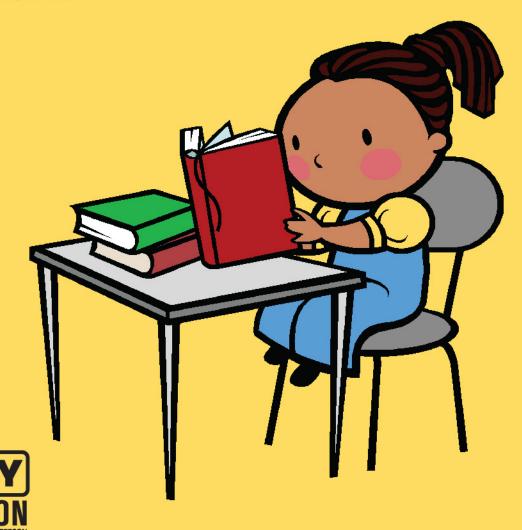


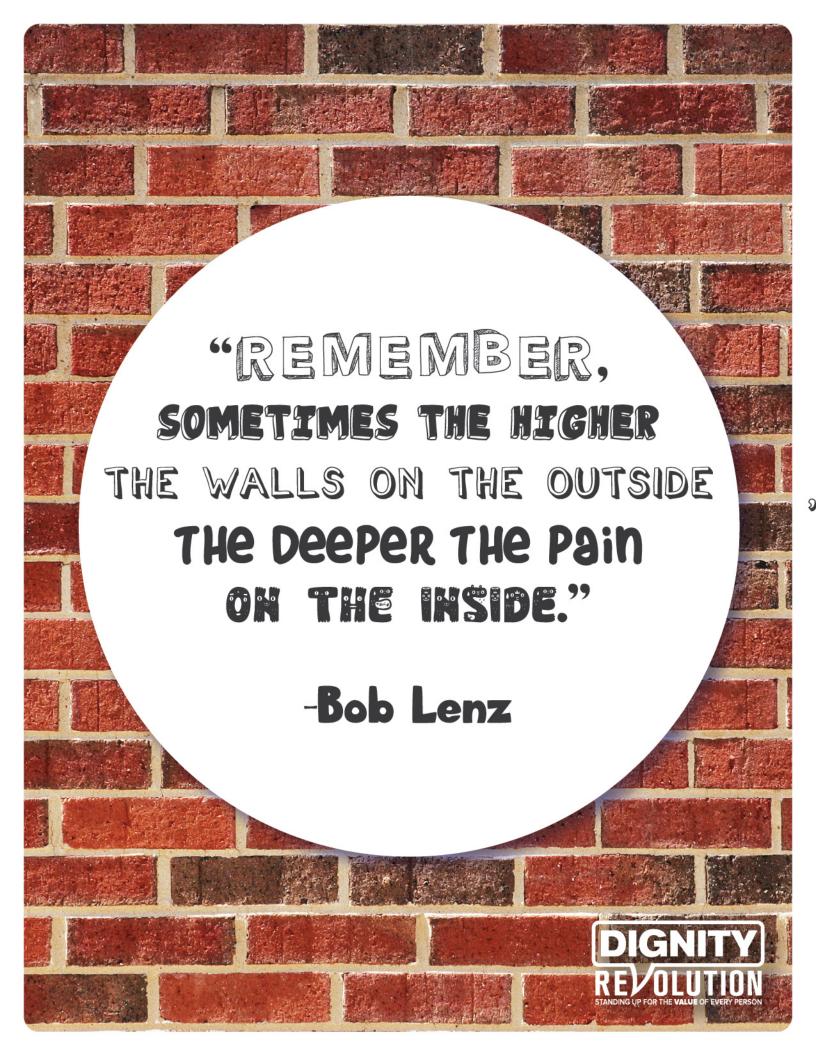






"You have RIGHTS, DIGNITY, and VALUE that can never be taken away, no matter what others have Jone to you."







"We believe people are worthy of dignity and love."









