

# 4 Principles of RACK...



R . A . C . K !

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K E E P S A B U L L Y B A C K !

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**The R.A.C.K. Consortium**  
*for Safe Schools*



**RESPECT.ACCEPTANCE.COURAGE.KINDNESS**  
*"Building Alliances to Wipe Out Bullying."*

"I'm not concerned with your liking or disliking me...  
All I ask is that you respect me as a human being."  
- Jackie Robinson, First Black Major League Baseball Player



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## RESPECT

An awareness that everyone is different;  
unique and special.

We are born different by design.

We are different because of what we are taught from our  
childhood throughout our lives.

We are different because we each have a right to make  
choices and we choose according to our design and our  
upbringing.

RESPECT means that we understand the right to be different  
and we allow these differences to exist without hostility or  
violence or any kind of intrusion.

Included in RESPECT, is the understanding that the  
differences of others are not a threat to my uniqueness and  
my choices. I am not at all threatened when others have  
different preferences.

RESPECT is the first step  
in the "Bully. Be Gone!" confrontation.

R

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# A C C E P T A N C E

"Never take a person's dignity;  
it's worth everything to them and nothing to you."  
- Frank Barron, American Psychologist



## ACCEPTANCE

To acknowledge and agree that others have a right to exist and make their own choices without your approval. You are ok with them living alongside you and being as different as they want to be.

With ACCEPTANCE there is no anger. It is a step higher than tolerance because in your heart, you are at peace with the existence of others, their choices and their differences.

There is no longer the wait to seize an opportunity to try to force your preferences on the different. You are in support of and at peace with their right to be different. Just as they are in support of your right.

With ACCEPTANCE,  
your actions are in harmony  
with your heart.



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*Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says: "I'll try again tomorrow."*  
~Mary Anne Radmacher, Motivational Author, Artist



# C O U R A G E

## COURAGE

Standing up for yourself because you understand your rights as a person.

You don't understand everything but you are confident that no one is better than you. You may be different but you have a right to be different. It doesn't make you less of a human being; it emphasizes your importance.

When you are aware of and confident of your rights, you are more aware of and confident of the rights of others.

Therefore, your desire is for your COURAGE to extend beyond defending you and reach out in defense of others.

C

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Today I bent the truth to be kind and I have no regret,  
for I am more sure of what is kind than I am of what is true.  
~Robert Brault, Inspirational Author



# K I N D N E S S S

## KINDNESS

More than just being nice to avoid conflict.  
KINDNESS is global.

KINDNESS is doing good out of a concern for others.

It causes us to fight for those who are in need. Sometimes the need is to be valued. The need is sometimes friendship.

KINDNESS is a part of your character; it comes from the heart.

It is not just being nice. You recognize that your gesture of good is required and right.

K

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