



be nice. is more than a phrase. It's an Action Plan!
Learn each step of the Action Plan & take the Pledge to
be nice. in your community.



NOTICE



INVITE



CHALLENGE



EMPOWER

1. Visit www.benice.org
2. On the top of the HOME page, click Take the Pledge.
3. Watch all four videos (about 3 minutes each) to learn each step - notice, invite, challenge, and empower
4. Now you're educated on the Action Plan. It's time to take the Pledge. This is a 10-question quiz correlating with the videos.
5. Once you've passed, bring the pledge to life through simple, daily actions!