



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](http://www.benice.org)
2. Under the GET INVOLVED tab, 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!