# How to be an Upstander!



An Upstander is a person who notices someone being bullied and takes action to stop it. They speak up, interrupt or tell an adult to prevent further harm from being done.

A bystander is a person who notices someone being bullied and either watches and says nothing, or gives attention to the bullying behaviors by smiling, laughing or copying the behaviors in some way. Many times, bystanders want to speak up but are afraid or nervous. Below are a few tips that can help you become an Upstander!

## 3 steps to being an Upstander:

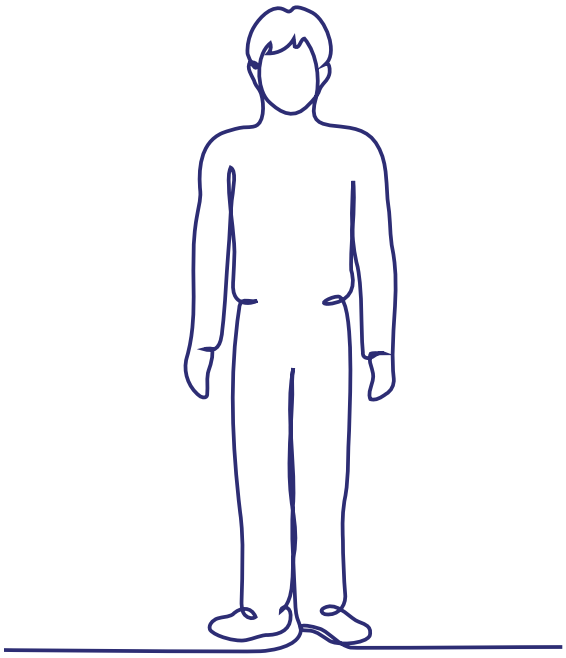
1. **Notice.** Notice when someone is being bullied or treated unkindly. This might look like pushing or hitting, using hurtful words, excluding someone on purpose or posting hurtful messages or photos on social media or in group chats.

2. **Do something.** Help the person being bullied by involving an adult or speaking out yourself. You can also change the topic of conversation, call out unkindness, use humor to redirect the interaction, help them leave the situation or leave a positive or helpful comment in a chat or social media post.

3. **Check in.** Following a bullying incident check in with the classmate who was bullied to see how they are doing and whether they need support from a trusted adult.

## Upstander activity:

Use the word bank below to choose qualities and actions that best describe an Upstander, then write those words in the drawing below. Add your own qualities and actions to the drawing if not listed in the word bank.



- Takes action
- Thoughtful
- Leader
- Courageous
- Brave
- Kind
- Follower
- Communicative
- Doesn't want attention on him/her
- Afraid
- Speaks up
- Selfish
- Nervous
- Helpful
- Supportive
- Stays quiet
- Uncertain
- Empathy

Common Thread
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