



Becoming an Upstander

upstander, noun

1. A person who stands up for something, as contrasted to a bystander, who remains inactive.
2. A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.

- ❑ Learn about what an upstander does. Check out the list of videos attached to this project you can use with your club. An upstander knows to:

Be a Buddy – Show the person being bullied that they have a friend

Interrupt -- Create an opportunity for the person being bullied to leave (invite them to play, etc.)

Tell Someone – Tell a trusted grown up, even if it is after the bullying happened.

Speak Out – Say something to the person who is being a bully but **only if it safe to do so!**

- ❑ Brainstorm ways to show that you are an upstander. Remember, being an upstander includes creating a community where bullying is less likely to happen. Visit <https://www.weareteachers.com/help-every-kid-become-an-upstander/> for suggestions.
- ❑ Create an upstander pledge for your club. (template attached)
- ❑ Post the pledge where it can be seen during club meetings.

Connections/Reflection Questions:

Being an upstander can be a scary thing, but knowing what strategies we can use ahead of time can make it easier to stand up. Think about a time in the past when you might have been a bystander. What might you do differently now that you know ways to be an upstander?

Why is it important to have upstanders in our communities?

Was there a time when someone was an upstander for you? What impact did that have on you?

Supplies

Copies of the pledge template

Pens/pencils/markers/crayons

Whiteboard/posterboard for brainstorming

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Suggested Videos:

(Ambassadors, remember to screen each video to determine its suitability for your club before using.)

Be an Upstander – Prevent Bullying: <https://youtu.be/eeqQCyQOCPg>

Bullying: How to Safely Help Someone <https://youtu.be/LnQ1MdP-Qxc>

Small Talk | Bullies <https://youtu.be/UO-LiiCcCh4>

The Bystander Effect/the Science of Empathy <https://youtu.be/Wy6eUTLzcU4>

What is a Cyberbullying Bystander? <https://youtu.be/RWODv3d6owc>

What is Cyberbullying and How to Defend Against it? <https://youtu.be/5wjKb4DAhI4>

Are you Okay? <https://youtu.be/tJsGGsPNakw>

Becoming an Upstander <https://youtu.be/hTYimbhERZQ>

Listen, Act, Unite: https://youtu.be/boW_ngL8fSk

Second Step Bullying Video <https://youtu.be/AY3a2V9sh-s>

#upstander

Ways to Be an Upstander

We are Upstanders, not Bystanders.

Signed,