

STUDENT WORKSHEET #1 (2 pages)

UPSTANDER STEPS:

HOW I CAN HELP AND WHO I CAN TRUST

Name _____



If you see someone being treated unfairly or unkindly, you can be an UPSTANDER by doing one or more of these steps:

1. Don't listen to or spread mean stories or rumors.
2. Don't laugh, joke, or make the situation worse.
3. Help the person leave the hurtful situation.
4. Be kind to the person who was hurt.
5. Notice and remember what happened.
6. Ask if they want help telling a trusted adult.
7. Invite them to play, sit, eat lunch, or walk with you.
8. Stay with the person in places where they feel unsafe.
9. Tell them it was not their fault.
10. If it happens online, save it (screenshot) and show a trusted adult.

IMPORTANT SKILLS - If you feel safe, say: "That was hurtful." / "Please stop." / "That's not okay."

If someone is mean to YOU, say to yourself: "Their behavior is about THEM. There is nothing wrong with ME." (Then tell an adult.)



TRUSTED ADULTS — WHO CAN HELP ME?

At School, I Can Tell: <ul style="list-style-type: none">• My teacher• The school counselor• The principal or assistant principal• A classroom aide• Another trusted staff member (nurse, librarian, bus driver)	At Home, I Can Tell: <ul style="list-style-type: none">• A parent or guardian• A grandparent• An older sibling• Another trusted adult in my family
What I Can Say to a Trusted Adult: <ul style="list-style-type: none">• “Someone is being treated unfairly.”• “I’m worried about someone’s safety.”• “This keeps happening and hasn’t stopped.”• “Can you help us?”	REMEMBER <ul style="list-style-type: none">• Telling is not tattling — it’s protecting.• You don’t have to handle big problems alone.• If one adult doesn’t help, tell another one.

Upstander Steps: Based on the work of Stan Davis and Denise Koebeke.

