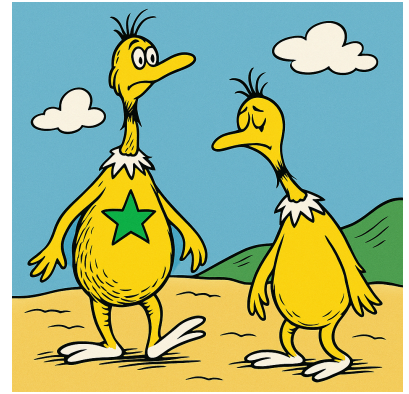


## Student Worksheet #2:

### 10 Upstander Steps (2 pages)

Name: \_\_\_\_\_ Date: \_\_\_\_\_



1. Don't spread mean rumors.
2. Don't laugh, joke, or make things worse.
3. Help get the target out of the area.
4. Support the person afterward.
5. Notice and remember details (see #6).
6. Offer to go with them to tell an adult.
7. Invite them to hang out at lunch/recess.
8. Offer company the next time you're in the same area as the original incident.
9. Tell them it wasn't their fault.
10. For online incidents, encourage screenshots and report it to an adult.

Important Skill 1 (What can I say to an aggressor if I feel safe enough?) Example: "Hey, that's mean. Stop that!"

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Important Skill 2 (After telling an adult, what can I say to myself if I am a target of prejudice or aggression?) Example: "They did a mean thing. There's nothing wrong with me!"

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## Reflection:

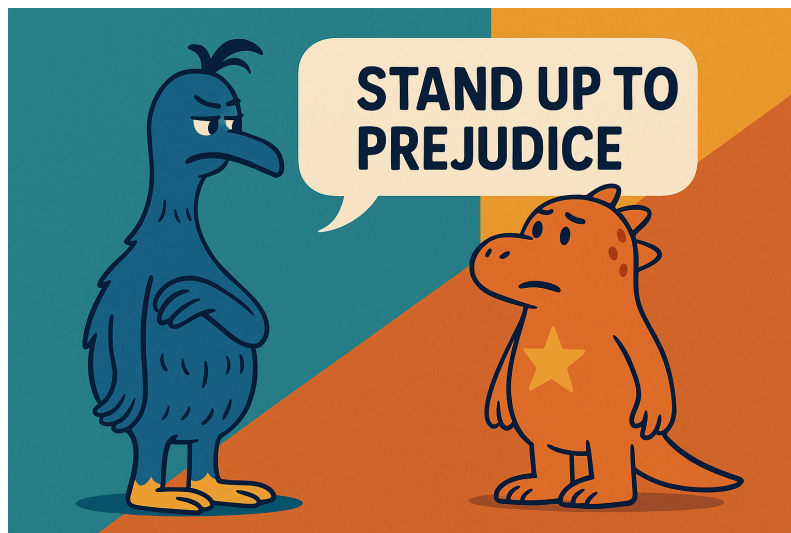
Which step is easiest for you? Why?

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Which step will you try to take? Why?

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*Based on the work of Stan Davis and Denise Koebecke.*



👏 👏 Great job!!! 👏 👏