

## STUDENT WORKSHEET #3

### 10 Upstander Steps

If you witness aggression, as an upstander, you can...



1. If someone tells you a mean rumor, don't sound interested in it and don't spread it.
2. Don't laugh or joke and make it worse.
3. Help get the target (person who was mistreated) out of the area.
4. After the incident, support the person who was mistreated.
5. Notice and remember the details of the event and (see #6).
6. Ask the person who was mistreated if they want company telling an adult or authority about the incident.
7. Invite the person who was mistreated to eat lunch, hang out at recess, and walk to classes together.
8. Ask if the person who was mistreated would like company in the future when walking in the same area (staircase, hallway, classroom, etc.) as the incident that just happened.
9. Let the person who was mistreated know it wasn't his/her fault.
10. If it was an online incident, encourage the person who was mistreated to screenshot and/or print the cyber-bullying, bring it to school, and show it to an adult.

If you see mistreatment, write down one sentence you can say (if you feel safe enough in the moment) to let the person being aggressive know that what they did was NOT okay!

Example: "That was a mean/hurtful thing to say!"

Based on the work of Stan Davis and Denise Koebecke

It is important to report mistreatment so it STOPS immediately. If someone says something mean to you, what can you say to yourself? Example: "They are showing their character. This is about them, NOT me."