

Teacher Sheet #1: 10 Upstander Steps

Dear Teacher,

Before your lesson, write these upstander steps on an anchor chart and refer to them during the lesson.

1. Don't listen to or spread mean stories.
2. Don't laugh, make fun, or make it worse.
3. Help someone leave the mean situation.
4. Be kind to the person who was hurt.
5. Notice and remember what happened so you can tell a grown-up.
6. Ask if they want help telling a grown-up.
7. Invite them to play or hang out.
8. Walk or sit with them.
9. Remind them it's not their fault
10. If online, help them show a grown-up.

Extra Upstander Step:

If you feel brave enough, tell the person who said the hurtful words to stop it. For example, "That was a mean thing to say."

Upstander Steps based on the work of Stan Davis and Denise Koebecke.