

Student Worksheet #2: 10 Upstander Steps (2 pages)

Name: _____ Date: _____

10 UPSTANDER STEPS

1. Don't spread mean rumors, hate, or propaganda.
 2. Don't laugh, joke, or make things worse.
 3. Help get the target out of the area.
 4. Support the person after the incident.
 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 them to an adult.
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Important Skill 1

What can I say to a person who is being aggressive if I feel safe enough?

- "We don't talk to people like that."
- "This isn't a joke. You're being unkind."
- "That comment was rude. Can you not?"
- "Why are you saying that? It's not right."
- "I'm not okay with this. Let's move on."
- "This isn't cool. Let's do something else."

And for when speaking directly feels too risky:

- "I'm going to get an adult. This isn't safe."
- "I'm not staying here for this." (Then walk away and get help.)

Important Skill 2

After telling an adult, what can I say to myself if I am a target of prejudice or aggression?

- “Being different doesn’t mean being less.”
- “Their behavior is their problem, not mine.”
- “I’m allowed to feel upset and still be strong.”
- “This moment doesn’t define me. I know who I am.”
- “Their words show who *they* are, not who I am.”
- “I didn’t deserve that. No one does.”
- “I did the right thing by telling an adult.”
- “I am worthy of respect and kindness.”

Reflection

1. Which step will you try to take?

2. Which one of these sounds most like you?

Based on the work of Stan Davis and Denise Koebecke.