

## Student Worksheet #2: 10 Upstander Steps

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 someone who is being aggressive - if I feel safe enough?)** Example: "Hey, that's mean. Stop that!" "Cut it out!"

**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!"

**Reflection:**

**Which step will you try to take?**

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