

Student Worksheet #2: Taking Action as an Upstander (2 pages)

Name: _____ Date: _____



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Let's review the 10 steps for being an *upstander*. Use these steps to help guide your thinking as you answer the questions related to the scenario below.

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.

(Based on the work of Stan Davis and Denise Koebcke)

Scenario

You notice a student being treated unfairly because they are part of a different friend group, religion, or background than others.

1. What is unfair about this situation? Why?

2. What would an *upstander* do in this situation?

3. Which of the steps above would you use (or a variation of these steps)? Why?

4. Who could you work with to help make the situation better?
