

Teacher Sheet 2: Role-Play Scene Cards (One Upstander Step Each) (3 pages)

Card 1 – Rumor-Telling

- **Upstander Step 1:** Don't listen to or spread mean stories
 - **Roles:**
 - Aggressor: "Want to hear a secret about them?"
 - Target: uncomfortable
 - Upstander: "I don't want to hear it."
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Card 2 – Making fun

- **Upstander Step 2:** Don't laugh or make fun or make it worse.
 - **Roles:**
 - Aggressor: "Look at those funny clothes! Ha ha!"
 - Target: looks sad.
 - Upstander: (Does not laugh.) "I don't think it's funny."
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Card 3 – Teasing/Excluding

- **Upstander Step 3:** Help someone leave the situation
 - **Roles:**
 - Aggressor: "You don't know how to play so you can't play with us!"
 - Target: Mia looks upset and tries to walk away.
 - Upstander: "Come with me! Let's go play somewhere else."
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Card 4: Making fun

- **Upstander Step 4: Be kind to the person who was hurt**
- **Roles:**
 - Aggressor: "Your food looks weird!"
 - Target: Leo looks sad.
 - Upstander: "Your food is cool. It smells good!"

Card 5: Excluding

- **Upstander Step 5: Notice and remember what happened so you can tell a grown-up**
 - **Roles:**
 - **Aggressor:** “No one wants to sit with you!”
 - **Target:** Sara looks hurt.
 - **Upstander:** (To the teacher) “I saw someone being mean to Sara just now.”
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Card 6: Excluded from a game.

- **Upstander Step 6: Ask if they want help telling a grown-up.**
 - **Roles:**
 - Aggressor: “You can’t play with us!”
 - Target: Tom looks sad.
 - Upstander: “Do you want me to help you tell a teacher?”
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Card 7: Playground Exclusion

- **Upstander Step 7: Invite them to play**
 - **Roles:**
 - Aggressor: “You can’t play with us!”
 - Target: looks sad
 - Upstander: “Come play with me!”
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Card 8: Hurtful words in a school space

- **Upstander Step 8: Walk or sit with them in that space.**
- **Roles:**
 - Aggressor: “You don’t know science.”
 - Target: looks sad

- Upstander: “Would you like to sit near me during science?”
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Card 9 – Teasing About Work or Appearance

- **Upstander Step 9: Remind them it’s not their fault**
 - **Roles:**
 - Aggressor: “Your drawing looks weird!”
 - Target: hurt
 - Upstander: “They said a mean thing. It’s not your fault!”
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Card 10 – Online Bullying (Optional)

- **Upstander Step 10: Show a grown-up**
 - **Roles:**
 - Aggressor: posts a mean comment online
 - Target: upset
 - Upstander: “Let’s show this to a teacher.”
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Extra Step: If the child feels safe: child tells student who is being aggressive to stop it.

- **Extra Upstander Step: Tell the student who is being aggressive to stop it.**
- **Roles:**
 - Aggressor: Why do you celebrate that weird holiday?
 - Target: upset
 - Upstander: “Hey! That was mean. Don’t make fun of other people’s holidays!”