

ARE YOU A BYSTANDER?

A bystander looks the other way
or does not act in a situation
where someone is
being treated unfairly.

This sends the message that the
unfair behavior is acceptable.

ARE YOU AN UPSTANDER?

An upstander shows courage
and takes action in a situation
where someone is
being treated unfairly.

This sends the message that the
unfair behavior is unacceptable.

HOW TO BE AN UPSTANDER:

Don't join in- not even a laugh or a smile.

Support the victim and show concern.

Stand beside the victim and speak up.

Ask others to stand up for what is right.

Report the behaviors to an adult.

Name: _____ Date: _____

Make a list of things that you consider to be **TERRIBLE**.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

From your list, what could you **CHANGE**,
or do to **MAKE A DIFFERENCE**?

_____	_____
_____	_____
_____	_____
_____	_____

Name: _____ Date: _____

DON'T BE A BYSTANDER

Standing up for what you know is right is not always easy.

Sometimes it is easier to look the other way.

It takes a lot of courage and strength to speak up,

but doing so makes you an UPSTANDER.

Describe a situation where you could be an upstander instead of a bystander.
