

## Why I Would Be an Upstander

Make a check mark next to the reasons that describe why you would be an upstander.

*I would choose to be an upstander because:*

- It's the right thing to do.
- It feels good to help other people.
- I want school to be a safe place.
- I believe that all people deserve to be treated with respect.
- It helps me practice my leadership skills.
- Someone stood up for me once, so I know how it feels.
- I believe each person can make a difference.
- I would want someone to do the same for me.
- It would encourage others to do the same.
- Being an upstander can put an end to bullying episodes.
- I want to feel proud of my actions.
- Other:
- Other:
- Other:

Think about these quotes and write your responses to them in your journal:

"Stop bullying people and stand up for people who get picked on.  
It's that simple. Don't be mean to people.  
Treat people how you want to be treated."  
—7th-grade boy

"Let the people being bullied know you have their back.  
Just ask if they are okay and say something to make them smile.  
Someone did that for me and it made a big difference."  
—6th-grade girl

### REAL-LIFE CHALLENGE

- » Be an upstander when you see someone being picked on, teased, harassed, or bullied. Say something, check in with the person afterward, or just stand by his or her side. If you're not sure the situation is safe, or if you don't know what to do, GET HELP. Talk to someone you trust.