

## Be an Upstander

*What is the difference between a bystander and an upstander? An upstander takes courageous action in the face of harassment and bullying.*

### UPSTANDER STRATEGIES

1. Challenge- assertively confront the harasser and challenge the behavior.
2. Balance- say or do something to show you don't agree with the harasser's actions.
3. Support- take action to help and support the target of the harassment.
4. Invite or Join- physically stand by the target, or invite them to join you.
5. Appeal to an authority- report the situation to someone in a position of power (a teacher, a store manager etc.)

### Mini Lesson

- ~ Choose an age-appropriate scenario.
- ~ Role play upstander actions. Use the language below so students can practice what to say.
- ~ Students write essays about the scenario that explains the choices that exist, what they would do, and the impact of their choice.
- ~ Students create an upstander pledge that states what they will do to stop harassment and bullying.

### Upstander Language

Said to the target:

- *It's not ok with me when \_\_ does that.*
- *Come join our group.*
- *You don't deserve that treatment.*
- *What s/he said isn't right.*
- *I'm sorry that happened. How can I help?*
- *Have you reported this/told a teacher?*

Said to the "bully" or harasser:

- *Some people think that's funny, but I don't.*
- *It's not a joke when someone's getting hurt.*
- *Stop using that language. It bothers me.*
- *Not cool!*
- *I'm not "ok" with this.*

### Lesson for "What Would You Do?"

This ABC TV show presents situations of injustice and uses hidden cameras to explore bystander and upstander behaviors. Videos on youtube.

**Episode:** Public Islamophobia, WWYD

[www.youtube.com/watch?v=4rIrTMzhE4o&feature=related](http://www.youtube.com/watch?v=4rIrTMzhE4o&feature=related)

- Hold introductory discussion. "Have you ever seen something that seemed unfair but didn't say or do anything to stop it?"
- View video clip of "What Would You Do?"
- Discuss what students observed/how they felt.
- Ask for suggestions of alternative behaviors.
- Teach 5 upstander strategies- define the strategies, and give examples.
- Watch video again and ask students to identify upstander actions used by bystanders.
- Role play the scenario. Students take turns practicing upstander strategies.
- Closing: Which strategies would you use? When is it our responsibility to stand up? What is the impact of standing up on the target of the harassment?

### Discussion/Journaling Prompts

1. When is it hard to be an upstander? What makes it easier?
2. Discuss a time when someone stood up for you. Use details to explain what happened.
3. Would you stand up for someone who you didn't like? Who you didn't even know? Why or why not?
4. What are the risks of standing up? Of not standing up?
5. "Injustice anywhere is a threat to justice everywhere." (Dr. MLK, Jr.) What was MLK referring to, when he said this? What does this imply about our responsibility to be an upstander?
6. Who is an upstander you admire? What did they do? What character traits and helped him/her be an upstander?