

**MANAAKI I AHAU –  
RESPECT OURSELVES**

**MANAAKI TANGATA –  
RESPECT OTHERS**



**BEING BULLY FREE –  
ARE WE BYSTANDERS OR  
UPSTADNERS?**



**KIA ORA KOUTOU KĀTOA!**  
**CONTINUING OUR FOCUS ON BEING BULLY FREE, LET'S**  
**HAVE A LOOK AT WHAT BEING A "BYSTANDER" VS**  
**BEING AN "UPSTANDER" MEANS.**  
**HAVE A KŌRERO ABOUT WHAT YOU THINK THESE 2**  
**TERMS MEAN. THEN WATCH THE FOLLOWING VIDEO**  
**ABOUT BYSTANDING...**





**SO WHAT DOES  
BEING A BYSTANDER  
MEAN?**



**BEING A BYSTANDER IS WHEN SOMEONE  
HAPPENS TO BE WHERE SOMETHING HAPPENS.  
IN THE CASE OF BULLYING, A BYSTANDER IS  
SOMEONE WHO WATCHES OR SEES THE  
BULLYING TAKE PLACE. WE ALL HAVE THE  
POWER TO INFLUENCE THE LIVES OF OTHERS  
AROUND US.**



**SO WHAT DOES AN UPSTANDER LOOK LIKE?**







**SO WHAT DOES  
BEING AN  
UPSTANDER MEAN?**



**AN UPSTANDER IS SOMEONE WHO TAKES  
ACTION AGAINST BULLYING BEHAVIOUR. WHEN  
AN UPSTANDER SEES SOMEONE BEING BULLIED,  
THEY DO SOMETHING ABOUT IT. THEY HELP TO  
STOP THE BULLYING FROM HAPPENING, OR  
THEY SUPPORT THE PERSON WHO'S BEING  
BULLIED.**



**SO WHAT DOES EMPATHY MEAN?**





## **WHAT IS EMPATHY?**

**BEING EMPATHETIC USUALLY MEANS YOU HAVE THE ABILITY TO SENSE OTHER PEOPLE'S EMOTIONS, COUPLED WITH THE ABILITY TO IMAGINE WHAT SOMEONE ELSE MIGHT BE THINKING OR FEELING.**

**EMPATHY IS IMPORTANT BECAUSE IT LETS US UNDERSTAND AND RESPOND APPROPRIATELY TO HOW OTHERS FEEL AND EXPERIENCE AN EVENT – FOR EXAMPLE BULLYING.**



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# WHAKATAUKI Ō TE RĀ

Tūngia te ururoa kia tupu whakaritorito te tutū  
o te harakeke

*Set the overgrown bush alight, and the new flax  
shoots will spring up*

*In order to change we may need to leave some  
ways behind in order to do things differently*



**SMALL RIPPLES CAN MAKE BIG WAVES DOWN  
THE TRACK. ASK YOURSELF, ARE YOU A  
BYSTANDER OR AN UPSTADNER?**