

BE AN UPSTANDER

NOT A BYSTANDER

ARE YOU A BYSTANDER OR AN UPSTANDER?

At some time, every student becomes a **bystander** – someone who witnesses bullying but doesn't get involved.

You can be an **upstander** instead – the person who knows what's happening is wrong and does something to make things right. It takes courage to speak up on someone's behalf. But just think: by doing so, you are becoming a person of character and also helping someone else.

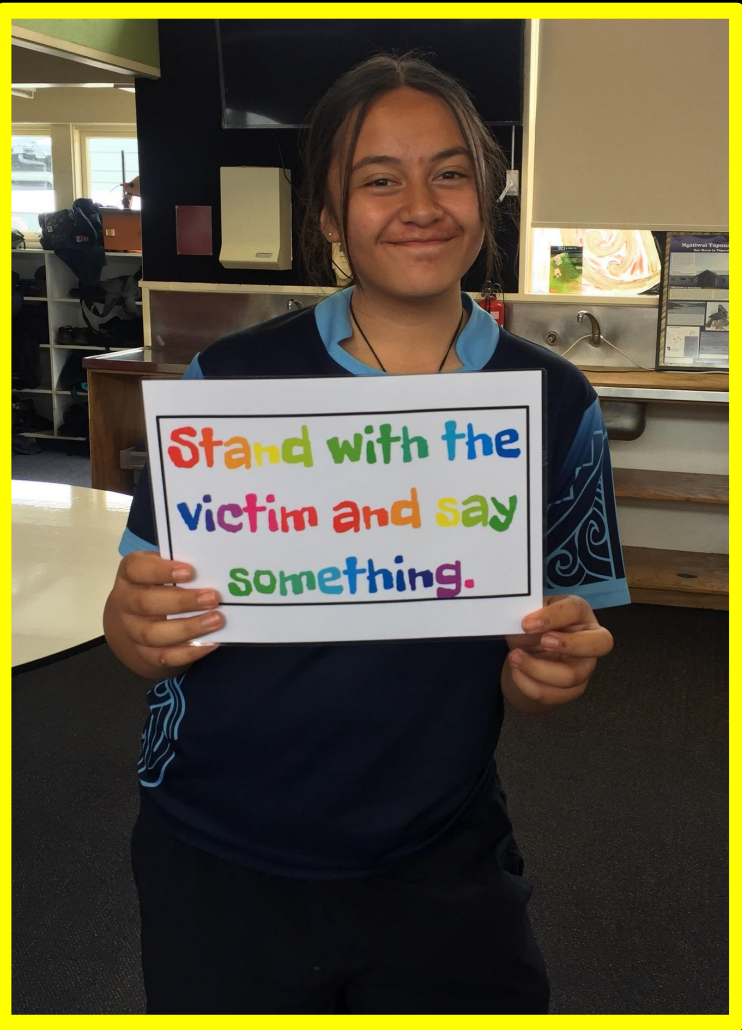
Watch this clip



**IT'S NOT COOL
TO BE CRUEL**

HERE ARE SOME
THINGS YOU CAN
SAFELY DO...

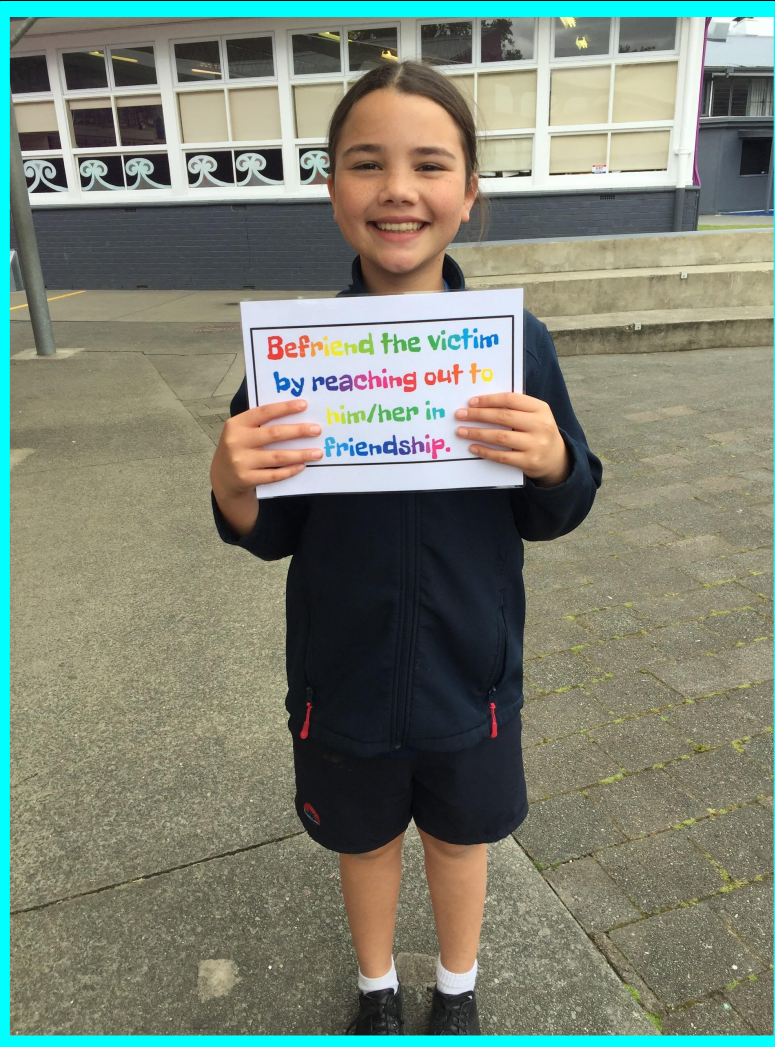












Do not worry – you are not narking by telling an adult. There's a big difference between narking and reporting a concern. Narking is telling to get someone in trouble, reporting is telling to get someone out of trouble.

BEING MEAN DOESN'T
MAKE YOU POPULAR...IT
MAKES YOU MEAN.

KEY VOCABULARY

Bystander

Someone who sees bullying happening but does nothing to help.

Upstander

Someone who helps when they see bullying occur.

Empathise

To imagine the feelings that someone else is experiencing.

QUALITIES ASSOCIATED WITH UPSTANDERS

An upstander:

- Is not directly involved in the bullying incident but steps in to help anyway.
- Empathises with the targets of bullying, letting them know that they care and are listening.
- Does not spread rumours or go along with bullies because of peer pressure and may even tell the bully to stop.
- Encourages the target to tell a trusted adult about the situation.

Watch this clip



Martin Luther King Jr.'s words:

“In the end we will not
remember the words of our
enemies, but the silence of
our friends.”

EXTRA CLIPS:



LANGUAGE WARNING AT 2.07

