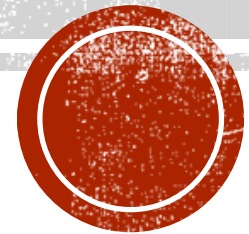


BE AN UPSTANDER

You can't be against bullying without actually doing something about it



- *Dateline Experiment: Anti-Bullying Presentation*

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=JWQ1GG0V2SK](https://www.youtube.com/watch?v=JWQ1GG0V2SK)



- *20/20 “My Kids Would Never Do That Bullying-OMG”*

(Start Video at 10:10-15:39)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=VILRH8I6GF8](https://www.youtube.com/watch?v=VILRH8I6GF8)



WHAT IS BULLYING?

- **Bullying is meant to hurt.**
- Verbal bullying is different from teasing. It's not done as a way to relate, or to make friends. Just the opposite. The goal is to embarrass the victim and make the bully look better. It may start out as negative teasing. But when it's done repeatedly with the intent of being hurtful or threatening, it becomes bullying.
- Verbal bullying includes calling a victim names, taunting and sexual harassment. It can happen in person, through texting and online, through social media and email.
- Bullying of any sort is an imbalance of power. The victim usually hasn't provoked the bullying. He also might not be able to defend himself. Bullies don't back down. Their intention is to be hostile and their goal is to be in charge



BYSTANDER OR UPSTANDER?

Types of Bystanders:

- * **Outsiders:** Witness the bullying situation, but stay out of it and do not get involved.
- * **Reinforcers:** Support the student who bullies or bullying behavior and may laugh, encourage, or cheer during or after the bullying incident
- * **Assistants:** Help the individual doing the bullying and join in. For example, an assistant may physically restrain or block the target of the bullying so that they cannot get away.
- 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.



UPSTANDER SKILLS

- Don't join in the bullying/Mobilize others to stand up against bullying
- Distraction-Try to get the group to think of something else or change the subject
- Befriend the person targeted/Stand with them and say something
- Say something short and effective to the person bullying such as "STOP IT"
- Alert an adult/Enlist the help of others-Be persistent about asking for help, "I have a safety issue"



GET HELP

- Do not worry – you are not ratting out the person bullying by telling an adult. There's a big difference between tattling and reporting a concern. Tattling is telling to get someone **in** trouble, reporting is telling to get someone **out** of trouble



REMEMBER MARTIN LUTHER KING JR.'S WORDS:

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



ACTIVITY:

LET'S PRACTICE OUR UPSTANDER SKILLS

- Each group will create a scenario: one person will be bullying, one person will be the target of the bullying, one person will be a bystander and one person will be using any or all of the upstander skills:
 - Mobilizing others to stand against bullying
 - Distraction
 - Befriending the target/stand next to them and say something
 - Say something short such as “Stop it”
 - Alert an adult

As many groups as possible will then role play their scenario to the class. Students will have to guess each person's role and which upstander skills were used.

