



10 Ways to be an Upstander

- 1. Help others who are being bullied.** Be a friend, even if this person is not yet your friend. Go over to them. Let them know how you think they are feeling. Walk with them. Help them to talk to an adult about what just happened. (Just think for a moment about how great this would be if someone did this for you when you were being picked on or hurt!)
- 2. Stop untrue or harmful messages from spreading.** If someone tells you a rumor that you know is untrue or sends you a message that is hurtful to someone else, stand up and let the person know this is wrong. Don't laugh, send the message on to friends, or add to the story. Make it clear that you do not think that kind of behavior is cool or funny.
- 3. Get friends involved.** Share bullybust.org with friends. Let people know that you are an upstander and encourage them to be one too. Sign the **Stand Up Pledge**, and make it an everyday commitment for you and your friends.
- 4. Make friends outside of your circle.** Eat lunch with someone who is alone. Show support for a person who is upset at school, by asking them what is wrong or bringing them to an adult who can help.
- 5. Be aware of the bullying policy at your school.** If there isn't a policy, get involved or ask teachers or front office staff to speak about how you can reduce bullying.
- 6. If someone is new at your school,** make an effort to introduce them around and make them comfortable. Imagine how you would feel leaving your friends and coming to a new school.
- 7. Refuse to be a "bystander".** If you see friends or classmates laughing along with the bully, tell them that they are contributing to the problem. Let them know that by laughing they are also bullying the victim.
- 8. Respect others differences** and help others to respect differences. It's cool for people to be different – that's what makes all of us unique. Join a diversity club at school to help promote tolerance in your school.
- 9. Ask your teacher or principal to develop a bullying program** that will help reduce bullying in school. Ask them to bring together a team of students, parents and teachers to meet and talk about bullying on a regular basis and share stories and support. Talk about the "hot spots" where bullying most likely occurs and what can be done on a school level to make sure students and teachers on the same page about bullying.
- 10. Learn more about bullying.** For example: Why do kids bully? Where does bullying take place most often in your school? What are the effects of bullying? Be mindful of this.

More at www.bullybust.org