

Upstander Strategy List

- Become a friend of the person being bullied. Bringing someone into a group means they aren't standing alone, so the bully is less likely to pick on them.
- If you're a friend of the bully, talk to him or her in private about stopping it.
- Don't laugh with or cheer on a bully. By doing this, you are giving others permission to do it to you.
- If you see bullying happening, get others who are watching to help you stop it by saying something. If someone says "stop it," 50% of the time it stops. You could say something like, "Cut it out!," "That's not funny!," or "How'd you like it if somebody did that to you?" Let the bully know that what he or she is doing is stupid and mean.
- If you see someone being bullied, go by the person and ask him or her to come with you. You can even have a group of people do this with you; this is called "swarming."
- Don't use insults or physical violence back at the bully. Your job is not to fight. Your job is to get help.
- Tell an adult about the incident, report it anonymously to an adult, or use the school hotline or "bully box." Some schools are setting up anonymous texting to report bullying. Don't give up if the adults don't respond the first time you report bullying. Keep telling.
- Help the person being bullied to tell his or her parents or an adult at school.
- Join the bullying prevention program at your school, or start one if it doesn't exist. Help all students learn about stopping bullying.
- Start or join a peer advocacy program that matches up peers with kids with differences who need a friend.
- Promote diversity. It's okay to be different!

SO, still think this is none of your business? Well, think about this. What if YOU were the one being bullied? Would you want an upstander to help you out?

You might be the person who can make a difference in someone else's life. You might even save a life.

BE AN UPSTANDER. YOU HAVE THE POWER!



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