

# What is an Upstander?

Someone who looks out for other people and helps them when they might need help.



## Ways YOU can be an Upstander:

- Stand with someone or help them leave an uncomfortable situation.
- Be a friend to everyone!
- Let people know that being mean to each other isn't okay.
- If you see someone getting picked on, get an adult to help.

## Be Kind to Everyone!

You never know what is going on in someone's life...

# EMPATHY

The ability to understand how another person feels

For more information, please visit:  
[stopbullying.gov](http://stopbullying.gov)



**CENTER FOR  
A NON VIOLENT  
COMMUNITY**

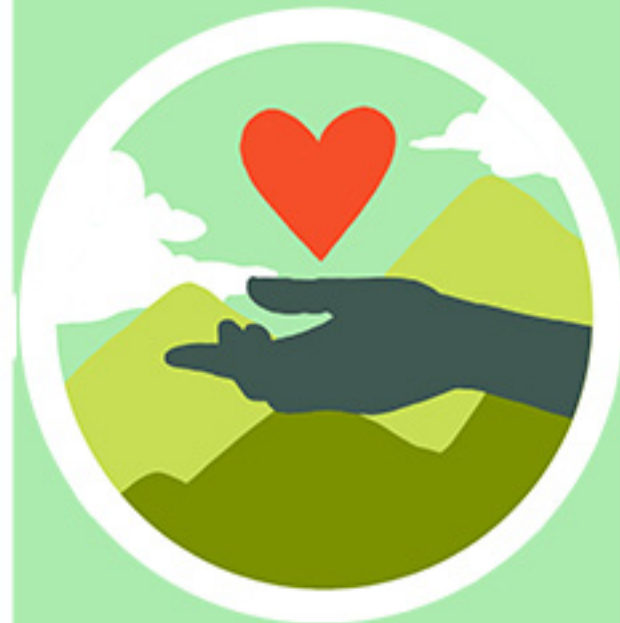
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2018



# BE KIND

## Stand Up to Bullying



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## What is bullying?

It is mean, aggressive behavior that is one-sided, repeated, and on purpose.

It can be physical, verbal, visual, or all of these combined.

### *It can look like:*

- Name-calling or put-downs
- Leaving someone out on purpose
- Hitting, kicking, or pushing
- Mean gossip or rumors
- Cyberbullying via:
  - Texts and DMs
  - Social media posts



# Bounce Back!

- Take a deep breath.
- How are you feeling?
- Do something that makes you happy.
- Exercise.
- Find a friend.



## Online Safety

- **Keep your accounts private**
- **Don't respond to mean comments or posts**
- **Save any evidence of cyberbullying**
- **Block the person who is cyberbullying you**
- **Talk to a trusted adult**

## 5 Choices to Stay Safe

1. Ignore them
2. Tell them how you feel
3. Tell them to stop
4. Walk away
5. Tell a trusted adult

**Respond with Kindness**