

Upstander or Bystander

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead

What do you think this quote means?
Can you think of examples of this
that you know about or have seen?

Upstander or Bystander

What do you think gives
someone the courage to step
over the line from being a
bystander to an upstander?



Upstander or Bystander

Share an experience you may have
had or observed where someone was
an upstander.

Upstander or Bystander

What are five characteristics of
someone who is an upstander?



Upstander or Bystander

Use a dictionary to find the definition of the word “empathy”. Can you put the definition into your own words? What does empathy look like in real life?



Upstander or Bystander

Here are three common reasons why bystanders choose not to get involved when they see bullying.

- “Somebody else will surely step in.”
- “If I say or do something, they’ll turn on me.”
- “I don’t like what they’re doing, but they’re still my friend.”

What would be your counterargument to each statement, that might help convince a bystander to become an upstander?

Upstander or Bystander

Here are three common reasons why bystanders choose not to get involved when they see bullying.

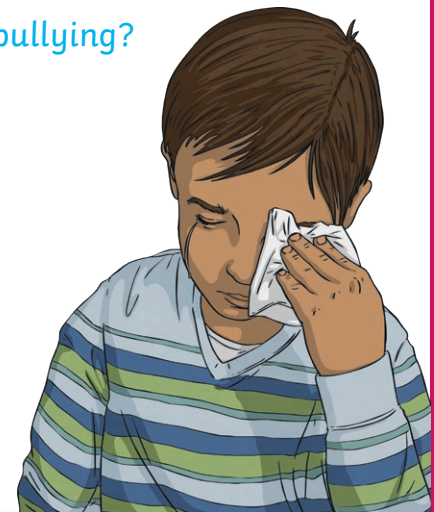
- “I would say something, but we’re not really friends.”
- “I don’t want to stand out on purpose!”
- “I don’t know what to do to make it stop.”

What would be your counterargument to each statement that might help convince a bystander to become an upstander?

Upstander or Bystander

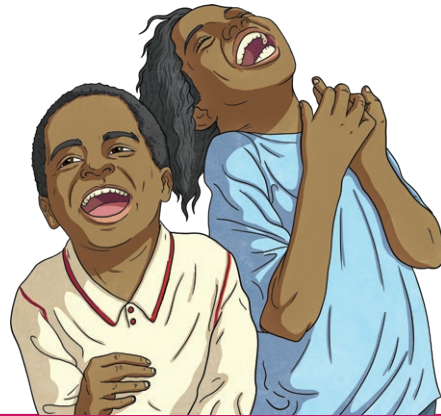
Whose responsibility is it to stop bullying?

- your school?
- the bully?
- the bullied?
- the friends?
- bystanders?



Upstander or Bystander

What is a healthy friendship? Should it be able to survive a difficult conversation about intimidating or bullying behaviour? If yes, why? If no, what kind of friendship is it?



Upstander or Bystander

What impact does someone being an upstander have on the person being bullied? Do you think it might have any impact on the bully?



Upstander or Bystander

“There isn’t a person at any school who likes to be bullied. There are people who hate to come to school because of it. **But you can be someone’s hero. You can bring someone hope.**” Reggie Dabbs

What does he mean in the highlighted part of the quote? Can you think of examples of this that you know about, have seen or experienced?

Upstander or Bystander

Read the scenario and discuss the possible positive and negative outcomes.

Where do you stand? What would you do?

When you try to enter the bathroom at school, you see a younger student in tears. Three older students told him that he cannot use the bathroom. They have blocked the toilet doors, as well as the exit. The older student blocking the entrance says to you, “You can’t come in, and if you say anything, you’ll be next.”