

# 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 him, and let him know how you think he is feeling. Walk with him. Help him to talk to an adult about what just happened.
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 that 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. Let people know that you are an upstander and encourage them to be one, too. Sign the SFTS 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 and keep it in mind when you witness bullying. If there isn't a policy, get involved or ask teachers or front office staff to speak about how you can reduce bullying.
6. Reach out to new people at your school. Make an effort to introduce them around and help them feel comfortable.
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. Develop a bullying program or project with a teacher or principal's support that will help reduce bullying in school. Bring together a team of students, parents and teachers to meet and talk about bullying on a regular basis and share stories and support. Discuss the "hot spots" where bullying most likely occurs (IE: the bus, bathroom, an unmonitored hallway) and what can be done on a school level to make sure students and teachers are safe and supported. Learn more about how to start a Stand for the Silent chapter in your own school or an Upstander Alliance at: [www.bullybust.org/upstander](http://www.bullybust.org/upstander) and access free support to sustain your team.
10. Educate yourself and your community about bullying. For example: Why do kids bully? Where does bullying take place most often in your school? What are the effects of bullying? Why are people afraid to get involved? Understanding this information will help you if you are bullied and will help you to stand up to bullies.