

Anti-Bullying Week 2018

12th-16th November

Being an Upstander

Upstander: an individual who sees wrong and acts upon it to help a situation. E.g. prevent/stop bullying.

- A **bystander** is a person who is present at an event or incident but does not take part.
- They might play 'the messenger' between bully and victim, spread rumours they have heard or join in when a bully is ignoring/excluding someone.
- Or a bystander might 'like' or favourite a mean post on Facebook, Instagram or other social media sites. Being a bystander is like saying YOU agree with the bully.

Not cool.

Did you know that as a young person, you have 50% more chance of stopping school yard bullying (by standing up and telling the bully that it's not ok) than a teacher does?!? Boom!!!

- 1. Tell Someone-** if you witness or think that bullying is happening, tell a teacher or responsible adult
- 2. Be a buddy-** bully's aren't used to their victims having a friend that will stand up for them.
- 3. Speak out-** face the bully, standing up for the victim. This may encourage others to also stand up for them.
- 4. Interrupt-** When you see bullying happening find a way to interrupt and let the victim remove them self from the situation. E.g. ask the victim to play football with you

Anyone can be an upstander!

- Malala Yousafzai:
Campaigned for equality for girls to receive education in her home country of Pakistan.
- Ellen Degeneres: American comedian and actress who influenced Americans' attitudes about gay rights, including gay marriage.
- Martin Luther King: drove influential change in America for ending segregation for African American citizens in the 1960's.
- Nelson Mandela: was the voice of thousands of Black Africans in South Africa to abolish segregation.

- Video