

# The Upstanders

## Tip Sheet



A helpful guide of practices to inspire and nurture you to be resilient, mindful, grounded and joyful throughout difficult situations.

- **Shift the focus.**  
Question the bullying behavior. Simple things like changing the subject or questioning the behavior can redirect the bully's focus.
- **Use humor to say something funny and redirect the conversation.**  
Sometimes it's hard to question or criticize bully behavior. Humor can be a great way to acknowledge the toxicity of bully-behavior without directly blaming or attacking any one person.
- **Find strength in numbers!**  
Bystanders can intervene as a group to show that there are several people who don't agree with the bullying.
- **Trust your gut.**  
If something feels wrong, your gut is most likely telling you something. It's okay to take a step back and acknowledge that a situation may be toxic. Learning to identify a situation of bullying can be challenging, so listen to your instinct when something feels off.
- **Reach out privately.**  
Check-in with the person who was bullied to let them know you do not agree with it and that you care. It makes a difference.
- **Walk with them!**  
Walk with the person who is the target of bullying to help diffuse potential bullying interactions.

## ● **Validate those around you.**

Whether or not someone has been bullied, validating one's feelings is always appreciated. By showing empathy towards others and acknowledging that they are heard, we can foster a more kind and empathetic community.

## ● **Be proactive!**

You can be an Upstander without an incident of bullying having to take place. Take positive action to prevent bullying with some of these tips:

- Be inclusive by welcoming others to join activities and groups.
- Be a role model for pro-social behavior by showing kindness, respect, and empathy towards others.
- Walk or sit with/near vulnerable kids who may be targets of bullying.
- Get involved with bullying prevention efforts at school or in the community!

## ● **Include your community!**

Include school staff, parents & students when developing rules and policies around bullying. Giving students a role can be a great way to help them set their own climate of respect and responsibility. Parental involvement can reinforce these messages at home.