

Be an **upstander!** *Not a bystander.*

Project Prevent and Address Bullying (PPAB)

for students with disabilities

For Students

Northern Illinois University | School Psychology Program

When bullying occurs, you have the power to help the victim.

What is an upstander?

- In a bullying situation, an **upstander** is someone who recognizes when something is wrong and does something to make it right.
- If an upstander sees or hears about bullying, they will **do something**. This could mean stopping the bully, reporting the event or otherwise helping the victim even after the fact.
- Upstanders do their best to **support and protect** their peers.

What is a bystander?

- A bystander is someone who sees bullying happen, but does nothing to stop it. By doing nothing, bystanders can make the bullying situation worse.
- Bystanders may also laugh or join in with a student who is bullying.
- **It is better to do something positive and be an upstander** than to be a bystander.

You don't have to stand up to the bully directly to be an upstander. It is important to keep yourself safe and choose a strategy that matches your personality. **Here are some ideas on how to be an upstander:**

- One of the easiest ways to be an upstander is to report the bullying to a teacher or adult.
- Be a friend to the child who is being bullied. For example, tell them, "I'm sorry that happened to you. Are you OK?"
- Reach out to new students (or students you don't normally talk to) and help them feel comfortable.
- Show kindness by not laughing at bullying.
- Be kind and compassionate to all students and respect each other's differences.
- Stop the spread of rumors by not passing them along and by reporting untrue and hurtful messages, online or in person.
- Tell the person who is bullying to stop. You can also say something such as, "That isn't funny."
- Teach your friends how to be an upstander!

Get parents and teachers involved!

- Brainstorm with your parents or teachers ways you could respond when you see a bullying situation.
- Practice! Think of possible bullying situations and practice how to react with parents and teachers.
- Talk to your parents and teachers about more ways to be an upstander.

Find additional handouts on our website at go.niu.edu/PPAB



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