

BE AN UPSTANDER



What is an upstander?

An upstander is someone who stands up for the people that are being bullied and doesn't join in with the bullies. They can also speak or act in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied.



Why is it important?

Being an up-stander is so important, because victims of bullying need to have that sense of being appreciated, and have some support by their side when they are struggling. It will also make them feel like they have people who care about them, and won't be as hesitant to ask for help or reach out when they need.

How to be an upstander?

1. Be confident, and know
2. Stands up for the victim
3. Give the person an environment where they feel safe and loved



CONFIDENT



BRAVE



KIND

Why shouldn't we just be bystanders?

Being a bystander will not help the situation, as since you are not doing anything, the victim might think that you aren't on their side, and can feel more embarrassed due to many people simply watching on and not taking action. Many bystanders also just support the bully, because they really don't want to get involved, however, if you stand up for the victim confidently it could stop any of these problems occurring in the first place



Bibliography

- <https://www.esafety.gov.au/young-people/be-an-upstander-not-a-bystander>
<https://www.togetheragainstbullying.org/tab/changing-behavior/becoming-an-upstander/>

Notes:

What is an upstander?

- An upstander is someone who stands up for the people that are being bullied and doesn't join in with the bullies
- "A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied." - Oxford Languages

Why upstanding is important?

- The people that are getting bullied have support and having good people around the victim would make them less depressed

How to be an upstander?

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