



## What is bullying?

Bullying occurs when someone who is powerful—physically or socially—tries to harm someone who is less capable of protecting him/herself.

There are three different types of players in a bully act:

The **BULLY** or perpetrator; the one who attacks

The **TARGET** or victim; the one who is being attacked

The **BYSTANDERS**; people who watch the event, but do not actively participate in it

However...

...if a bystander does something to stop the bullying, he or she becomes...**an UPSTANDER.**

## How can UPSTANDERS help?

Upstanders can act as individuals or in a group.

### *An individual child can:*

- Get an adult to intervene during a bullying incident
- Ask the target of bullying to play so they remove the child from the bullying incident
- Report the event to someone they trust after a bullying incident
- After the event, ask the bullied child if they are ok, and keep checking on him/her for several days.
- Include the child who has been bullied whenever possible

## What is an UPSTANDER?

An UPSTANDER is someone who:

- STANDS UP to prevent a bullying incident
- STANDS UP by helping during a bullying event
- STANDS UP by giving support or aid to a child after they were teased, bullied or harassed

## Why are UPSTANDERS Essential?

Upstanders are the key to stop bullying. Since bystanders are the largest group involved in a bullying incident, they have the most power to make changes in the way kids treat one another. If all bystanders stand up and become UPSTANDERS, the world will be a safer place for our children.

### *Groups are even more powerful than individuals. They can:*

- Surround the child who is being bullied to get him/her away from the bully
- Tell the bully, as a group, “We don’t act like that in this school!” to make the bully go away
- Get adults to intervene during an incident
- Report the event after it occurs
- Continue to check in with the child who was bullied, to see how he/she is feeling
- Include the child who was being bullied

## What does the game, AWESOME UPSTANDER, teach my child?

AWESOME UPSTANDER empowers children to take action.

AWESOME UPSTANDER teaches children how to help when they see a child being bullied.

AWESOME UPSTANDER promotes empathy.

AWESOME UPSTANDER reinforces positive, respectful behaviors.

The goal is to help a child who is being bullied; and therefore it sends a pro-social message: helping is good.

AWESOME UPSTANDER emphasizes group dynamics. It actually shows kids how to gather a group together in order to be powerful and to counteract the bully’s plan.

AWESOME UPSTANDER teaches children to intervene by getting help from adults, which is a vital lesson.

It combats the “code of silence” which allows bullying and other bad behaviors to continue to occur because children have been conditioned “not to tell.”