UPSTANDER CHECKLIST

- Speak up for others who are being bullied? An upstander would never just watch or walk away.
- Be a friend to all by refusing to take part in a clique or group that excludes others? Do they include new students or students without a friend base?
- Start a project or movement to encourage a kinder, compassionate, more inclusive community and/or school environment?
- Befriend and stand with those targeted by bullies? Bullies are less likely to target people who are surrounded by friends.
- Be mindful of those who come from difficult situations, who choose a unique way to dress or who learn differently? Do they exemplify that it's 'ok' to be unique or different?
- Seek help for someone being bullied?
- Be a true upstander, believe in being a good person, not just when they think a teacher is watching.