

HOW TO BE AN UPSTANDER



NEED

- Be a buddy.
- Interrupt
- speak out
- Tell someone

tell a
trusted
adult

Never Give up
Encourage people
to be an upstander
Do your best



Be an Upstander



NOT

- Be A Buddy
- Interrupt.
- Speak out
- Tell someone

Never give up
Encourage others
Do your best

A Bystander



BULLY

- Be a buddy
- Interrupt
- Speak out
- Tell a trusted adult



N ever give up

E ncourage others

D o your best



never be
a bystander
always be an
upstander
Don't bully
It is never
good

do
not
bully