

Your Name: _____

How To Be An Upstander

In your book or using this Student Form, complete the story! Draw OR write what happens next. Be sure your ending includes **all** the people who play roles:

The target

The bully or bullies

The bystanders

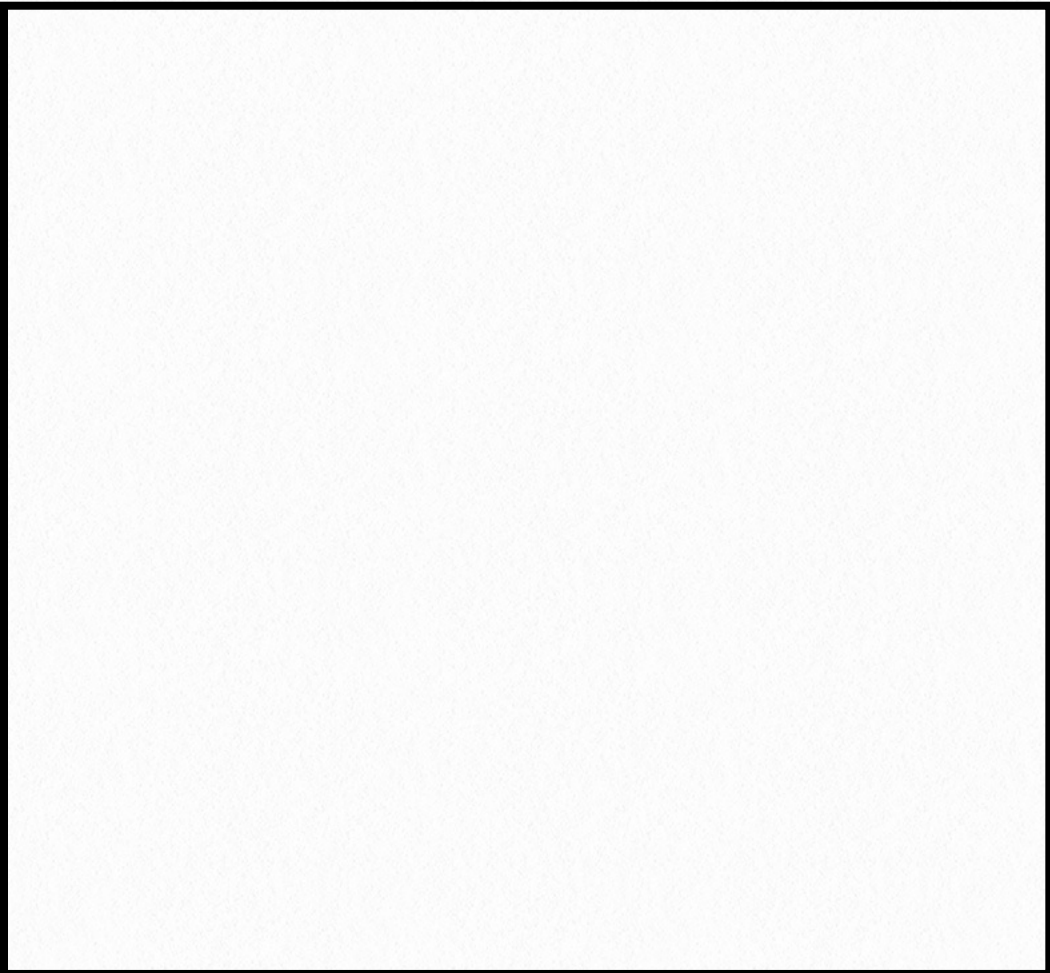
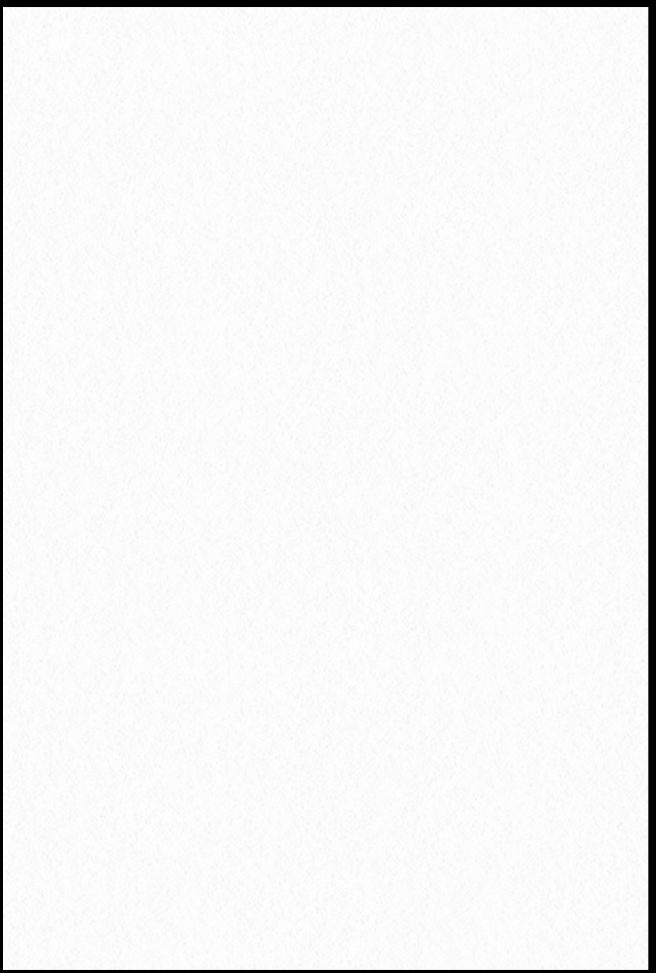
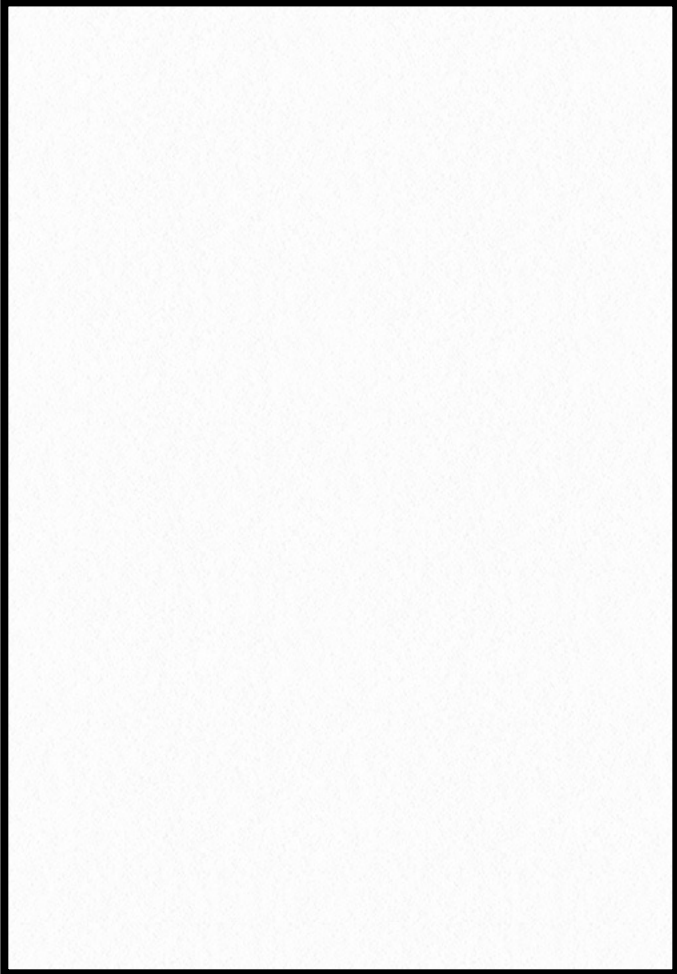
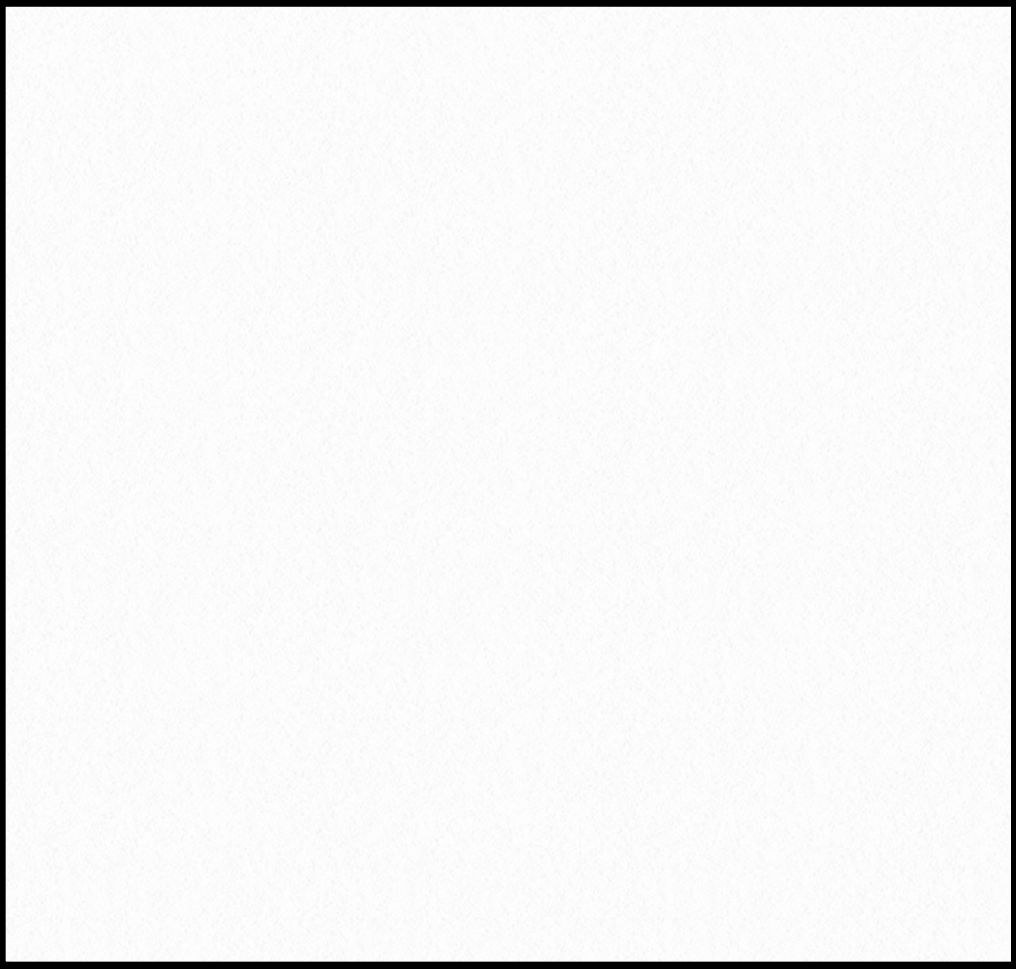
An upstander (or upstanders)

Draw/explain what the *upstander* does in this situation. Think about these questions:

- What could the upstander say or do to show support for the target?
- What could the upstander say to others who viewed the video and left cruel comments?
- How could the upstander involve a trusted adult?
- What else could an upstander do?

Write your ending:

Draw your ending:





TERMS TO KNOW

TARGET

Someone being bullied.

BULLY

Someone doing the bullying.

BYSTANDER

Someone who observes bullying (online or off) but ignores it.

UPSTANDER

Someone not involved with the incident, but who steps in to help anyway.

Someone who empathizes with the target, letting them know they care.

EMPATHIZE:

To imagine the feeling that someone else is experiencing.