



being an

1. _____



●●● Show what you've learned by filling in the blanks below. Answer choices for each section are in **bold**.

username: _____

date: _____

intro

being bullied, audience, stand up, bystanders

2. _____ (people who just stand by and watch) encourage bullying to continue by giving the bully an 3. _____. But upstanders intervene to stop bullying when it's safe to do so. If you were the one 4. _____, wouldn't you want someone to 5. _____ and help you?

keywords & definitions

bullying, empathize, intervene, social pressure, upstander, victim

- 6. repeated, unwanted, and aggressive behavior of one person using his or her power to control or harm another
- 7. person who recognizes when something is wrong and takes action to make it right
- 8. feeling that you must behave in a certain way to be accepted by others
- 9. person harmed in an unpleasant event
- 10. to become involved in a situation in order to change or influence what happens
- 11. to think about and attempt to understand the feelings of another person



cyberbullying, alive, defend, print

The best way to be an upstander to 20. _____ is NOT to comment online. Why? Because even though your intention would be to 21. _____ or support the victim, you'd actually be keeping the bullying message thread 22. _____ by commenting. Instead, encourage the victim to 23. _____ the bullying message thread and report it.

strategy

step in, empathize, get away, confidently, report, frightened, you would feel, it is safe

how to be an upstander in just 3 steps:

1

12. _____ with the victim (the person being bullied), by thinking about how 13. _____ and helpless 14. _____ in the same situation.

- 12. _____
- 13. _____
- 14. _____
- 15. _____

2

If 15. _____ to do so, intervene to help the victim 16. _____. Calmly and 17. _____ tell the bully to stop, or ask the victim to leave with you.

- 16. _____
- 17. _____
- 18. _____
- 19. _____

3

Resist social pressure to join or watch bullying. If you can't 18. _____, be a friend to the victim and offer to help 19. _____ the incident to an adult.

- 24. _____
- 25. _____
- 26. _____
- 27. _____

recap

upstander, intervene, social pressure, victim

to be an 24. _____, resist 25. _____ to join in on bullying; empathize with the 26. _____; 27. _____ to show your support

being an upstander

QIT 8.2

to be an upstander:
resist **social pressure** to join in on bullying; **empathize** with the victim; **intervene** to show your support

f2f & online



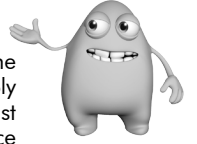
LUDO SAYS...

When Sly came up and started bullying me in the lunch room, I just stared down at my food and hoped it would be over quickly. But that didn't happen. In fact, while Sly called me names and talked about how ugly, stupid, and worthless I was, a crowd formed around us. Most people, like Ize and Uze, just watched and didn't say anything. I get that, I guess, 'cause they were curious about what was happening. But I couldn't believe Spike joined in with Sly and started insulting me. And Bsurk and Grype, who are usually cool guys, were both laughing at the things Sly said. Why would they encourage him? Thankfully, that's when Neville walked up.

username:

NEVILLE SAYS...

When I walked into the lunch room today and saw Sly bullying Ludo, I felt pressure to just stand by and watch the bullying, since that's what everyone else was doing. I was also worried I might get bullied if I tried to help. But then I asked myself: *How would I feel in Ludo's situation? Wouldn't I want someone to help and stand up for me?* Thinking about those questions made me decide to step in. Since there were no weapons or physical fighting, I knew it was safe to intervene, so I walked up and calmly said, "Hey, Ludo. This is lame. Let's go eat outside instead. C'mon." And that was it.



●●● Use Ludo and Neville's comments above, as well as the **three-step strategy for how to be an upstander** below, to help you answer the following questions. (Will Sly finally stop bullying Ludo thanks to Neville being an upstander? Find out in Qit 8.4.)

1

Empathize with the victim (the person being bullied) by thinking about how frightened and helpless you would feel in the same situation.

1. Write the names of the Goobs who were in each of these roles in the bullying situation described above. (Psst! Need a hint? A bystander simply watches the bullying, a henchman joins in on the bullying, and supporters laugh or cheer for the bully).

Bully:

Upstander:

Henchman:

Victim:

Bystanders:

Supporters:

2. What two questions did Neville ask himself in order to **empathize** with Ludo?

2

If it is safe to do so, intervene to help the victim get away. Calmly and confidently tell the bully to stop, or ask the victim to leave with you.

3. How did Neville decide that the bullying situation was safe for him to **intervene**?

4. Instead of trying to embarrass or punish Sly in front of everyone for being a bully, what did Neville do to **intervene**?

3

Resist any social pressure to join or watching bullying. If you can't step in, be a friend to the victim and offer to help report the incident to an adult.

5. Neville felt **social pressure** to stand by and watch the bullying. What was he worried might happen if he spoke up?



being an upstander



to be an upstander:
resist social pressure to join in on bullying; empathize with the victim; intervene to show your support

f2f & online

●●● Unscramble each keyword. Then draw the symbol in the box to the left of each keyword which corresponds to its correct definition.

username:

1. a r t u n d p s e

the repeated, unwanted, and aggressive behavior of one person using his or her power to control or harm another

2. v e i n r e n t e

a person who recognizes when something is wrong and takes action to make it right

3. n u b i l y g l

to think about and attempt to understand the feelings of another; to put yourself in someone else's shoes

4. z e p t i h m a e

to become involved in a situation in order to change or influence what happens

●●● The playlist below contains directions on how to be an upstander, but it's been shuffled and is out of order. Number the phrases in the correct order, using the Need a Hint? box as a guide (following it left to right, starting at the top). Then write the phrases in order as a complete paragraph on the back of this paper. The first and last phrases have been numbered for you.

Order	Phrases
<input type="checkbox"/>	If there is physical fighting or any kind of weapon involved,
<input type="checkbox"/>	The second thing I'll do is check to see if the situation is safe
<input type="checkbox"/>	Even though it may seem easier to just stand by and watch
<input type="checkbox"/>	I know that being an upstander is the right thing to do
<input type="checkbox"/>	But if it's safe for me to help, I will tell the bully to stop
<input type="checkbox"/>	will hopefully give me the courage to be an upstander.
<input type="checkbox"/>	the first thing I'll do is empathize with the victim,
<input type="checkbox"/>	Thinking about the victim's feelings of fear and helplessness
<input type="checkbox"/>	or to give in to the social pressure to join in on the bullying,
1	When I see bullying occurring,
<input type="checkbox"/>	for me to help the victim without putting myself in danger.
<input type="checkbox"/>	Either way, I'll speak calmly and confidently.
17	if I were ever the one being bullied.
<input type="checkbox"/>	which means I'll think about how the person being bullied must feel.
<input type="checkbox"/>	or I will ask the victim to leave with me.
<input type="checkbox"/>	I'll get a teacher or adult for help instead of stepping in myself.
<input type="checkbox"/>	because I'd want someone to stand up for me

Need a hint? Use me.

finished already? time for some tunes!

With your teacher's permission, scan the code. When asked for a password, enter the 36th word of the paragraph you just wrote, and you'll find a playlist of songs designed to amp up your inner upstander. Have a song you'd like added? Submit your request on the playlist page.



to be an upstander:
resist **social pressure** to join in on **bullying**; **empathize** with the **victim**; **intervene** to show your support

●●● Ludo finally got some relief from Sly's **bullying** when Neville acted as an **upstander**. By **empathizing** with Ludo (thinking about how frightened he'd feel if he were in Ludo's situation), Neville was able to resist the **social pressure** to watch or join in on Sly's **bullying**. Instead, Neville made sure it was safe to **intervene**, and then asked Ludo to leave with him. Now it's your turn to show what you've learned about being an **upstander**.

username:

1. Explain how **empathizing** with a **victim** of **bullying** can help you to be an **upstander**.

2. How do you know whether it is safe or not to be an **upstander**? Explain what you can do if it is *not* safe, and use the keyword **intervene** in your answer.

3. Give two examples (one example for F2F **bullying** and one for cyberbullying) of words you, the **upstander**, could say either to a **victim** or a **bully** to **intervene** and stop a **bullying** situation.



Yesterday when Sly was starting up his typical bullying tactics, Neville just walked up, and asked me to leave. The best part? Sly hasn't bothered me since. Neville, I owe you one, bro!

being an upstander

QIT 8.5

to be an upstander:
resist social pressure to join in on bullying; empathize with the victim; intervene to show your support

f2f & online

●●● Use what you've learned about **being an upstander to bullying** to complete as many of the real-life challenges below as you can. If a challenge does not apply to you, jot down why you couldn't complete it and move on. Check off the challenges you complete, write in your answers, and keep it real by being honest. You've got this.

username:

✓ Empathize with the victim by thinking about how you would feel in the same situation

- 1. If you see bullying happening, look at the victim. Describe how you think he or she felt in that situation.

- 2. Find motivation to be an upstander by asking yourself two questions, and answer those questions below. How would I feel if I was the person being bullied?

Would I want someone to help and stand up for me?

✓ If it is safe to do so, intervene to help the victim get away

- 3. If there is physical fighting or a weapon of any kind involved in a bullying situation, tell an adult immediately.
- 4. If there is no physical fighting or weapon involved and the situation is safe, walk up calmly and confidently, and stand by the victim's side, but out of the bully's reach.
- 5. With a confident posture and calm voice, ask the victim to leave with you. For example, you could say:
 - "You don't need to take this. C'mon, let's go."
 - "(Teacher's name) asked me to come get you. She needs to see you right away."
 - "This is lame. Let's get outta here."
- 6. If the bully starts to bully you, ignore him/her, or stand up to the bully by calmly saying something like:
 - "Stop acting like a bully. Not cool."
 - "You think you're funny? You're not. We're leaving."
 - "Whatever. We're done here."

✓ Resist any social pressure to join or watch bullying

- 7. It's normal to be nervous when you are the *only one* out of a big group of your peers who has the courage and confidence to be an upstander. But don't let what everyone else is doing stop you. Even if no one else is doing the right thing, look at the victim, think of how you'd feel in that situation, and how desperate you would be for help. Then, speak up.
- 8. If you couldn't be an upstander, be a friend to the victim and offer to help report the bullying to an adult.