



What can an Upstander do?

- **Talk to the student who is being bullied in private or call them after school to be of support.**
- **Refuse to join in.**
- **Include the student who is being bullied in a game or ask him/her to sit with you at lunch.**
- **Provide a distraction – shift the attention away from the target.**
- **Talk to the person who is bullying discretely or in the moment.**
- **Ask others to join you in standing up to the peer who is doing the bullying (it's always easier in a group!)**
- **Use one liners and humor to diffuse the situation (“C’mon, give me a break”; “Hey, that’s harsh”; “You have got to be kidding!”)**