

Be an Upstander

When someone is treated unkindly, you can help. Here's how.

Name: _____ Date: _____



Draw yourself as an upstander

Brave, kind words I could say



Safe ways to help:

- ☐ Tell a grown-up
- ☐ Invite them to play
- ☐ Say "That's not okay"
- ☐ Walk away together
- ☐ Check on them later
- ☐ Be their friend

A grown-up I can tell at school:
