



UPSTANDER

/ˈʌpˌstændər/
noun

A person who speaks or acts in support of an individual or cause, particularly someone who intervenes on behalf of a person being attacked or bullied. #leader #rolemodel #awesomeperson

**If You See
Something**



**Say
Something**

Cause a Scene

Interrupt the situation by doing something that will draw other's attention; or offer something to draw the attention away from the bully. This will allow time for the other person to get to a safe place

Get Back up

If you feel nervous or intimidated, ask someone to support you. Either a friend of yours, "Come with me while I talk with them", or a friend of the person, "Is your friend okay, can you check on them?".

Report it

Speak to a person in charge like a teacher, counselor, manager, or law enforcement. Let them handle it! Having a person in charge takes the pressure off you to confront someone.

Be Direct

Speak to the person directly and ask if they are okay. Ask who they came with or if they would like you to stay with them, or if you can call someone for them.

**Your
Actions
Matter!**