

Reach Out Speak Up Get Help

How does someone show Upstander Behavior online?

Reach Out: Show the target of the mean behavior that they matter- text them positive words, message them privately to show you care.

Speak Up: Use your words to tell the person choosing to be mean that it is not ok to act in that way- Comment on mean posts and pages without making a threat, spread compliments and positive messages.

Get Help: Go to a trusted adult and share what you have observed. Ask them to get involved- report mean behavior to the website or phone provider. Show hurtful, threatening, or inappropriate messages to trusted adults in real life.

1. How would you want your peers to be an Online Upstander for you? Circle one or more and describe what you would want them to say.

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2. Which Upstander strategy do you think works best online? Which one works best offline? Please explain what makes you think that way.

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MY UPSTANDER PLEDGE

I am an *UPSTANDER*

I am *IMPORTANT*

I have the power to be *PEACEFUL*

I will **REACH OUT**, I will **SPEAK UP**, I will **GET HELP**

This is my UPSTANDER PLEDGE