

How to Be an Upstander

Pause Before You Act

When you see bullying, take a moment to breathe and think. If you feel unsafe, tell a trusted adult.



Be Kind

Use kind words and actions. Small acts of kindness can make a big difference.



Trust Your Gut

If something feels wrong, it probably is. It's okay to step away from a situation that appears to be unsafe or toxic.



Reach Out

If you see someone bullied, connect with them privately. Let them know you care and that what happened is wrong.



Use Humor

Sometimes it's hard to talk about bullying. Humor can be a good way to point out that bullying is wrong without blaming someone.



Be Inclusive

Make sure everyone feels welcome and accepted. Celebrate what makes people different.



Ask for Help

If you're being bullied or you see someone else being bullied, tell a teacher, parent, or another adult you trust.

