



### The Power of You!

Never again a bystander...  
become an UPstander!



- Choose to not repeat gossip or slurs.
- Do not join in – Declare your non-participation in humiliating, mocking, teasing, or taunting.
- Help the target remove themselves from the situation. Always intervene/interrupt the bully.
- Seek the help of a trusted adult.
- Befriend the victim: Invite them to join your group. “We don’t treat people like that here.”
- Privately empathize with the target, “That was unfair or cruel.” “I saw that and it isn’t right.”
- Identify a peer leader or group who can help.
- Who is your pariah? Your freedom and self-respect begins with the face of the other.
- Seek hospitality for the other/stranger.



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