



### The Power of You!

Never again be an onlooker...  
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 get away.
- Always intervene/interrupt the bully.
- Seek the help of a trusted adult.
- Do not give the bully an audience.
- 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.
- A power imbalance can be defeated collectively.



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## RESIST Implicit Bias!



- Know yours! Own it! Acknowledge it! Resist it!
- Recognize that bias is not random.
- Be self-aware, turn mirror on myself.
- Tell myself to stop and not do it!
- Refuse to let unchecked bias control my behavior.
- Set fairness as a goal. Am I being fair?
- Give myself instructions of what to do.
- Take a moment for hospitality for the other.
- Challenge inappropriate bias and stereotypes.
- Choose to help, not harm, the vulnerable

“It is the mark of an educated mind to be able to entertain a thought without accepting it.” - Aristotle



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“Watch your thoughts, they become words; Watch your words, they become actions; Watch your actions, they become habits; Watch your habits, they become character; Watch your character. For it becomes your destiny.” - Upanishads



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