

# STAND UP! Prevent Bullying Now SPEAK OUT!

## TAKE A PLEDGE

### BEST FOR:

WEEK 2: BE AN UPSTANDER

WEEK 3: BE AN ADVOCATE

### CONNECTION TO COMMON CORE

Promotes integration  
of knowledge and ideas  
and collaboration

### NC GUIDANCE & ESSENTIAL STANDARDS ASCA NATIONAL MODEL

Promotes social skills by  
demonstrating advocacy skills  
and ability to assert self, when  
necessary

## OVERVIEW



**Grade Level**  
Grade K-12th



**Time Needed**  
30- 45 Minutes



### Materials Needed

Upstander  
Pledge Forms, Writing  
Utencil



**Objective:** To identify ways to stand up  
to unkind behavior and commit to being  
an upstander

## INSTRUCTIONS

1. Talk with youth about what it means to be an upstander.

An “upstander” is someone who recognizes when something is wrong and acts to make it right. When an upstander sees or hears about someone being bullied, they speak up. Being an upstander is being a hero: we are standing up for what is right and doing our best to help support and protect someone who is being hurt. In many ways, this is another word for being socially responsible.

2. Ask youth to share some ways they can be an upstander (see resource below for ideas).

3. Ask youth to sign a pledge to Stand Up to Bullying. Read over the pledge and tell youth to only sign if they commit to doing the things listed.

## RESOURCES

BullyBust: 10 way to be an Upstander;  
<http://bit.ly/1U7W4JV>

BullyBust: Upstander Kit; <http://bit.ly/2wnL8UI>

PACER: Teens Against Bullying; <http://bit.ly/2xsve84>

PACER: Kids Against Bullying

Pledge; <http://bit.ly/2vYsiSO>