



WHAT WOULD YOU DO?



Bullying can happen to anyone, anywhere, at any time. Fortunately, anyone can be an upstander and help erase bullying in their community.

PART 1

Read each scenario below. How could the person who witnesses the bullying be an upstander? Write your suggestions on the lines provided.

SCENARIO 1

It's a Friday afternoon and all Tanya can think about is settling into the back row of the school bus, listening to music, and losing herself in her favorite graphic novel. Her thoughts are interrupted when some of the kids waiting with her at the bus stop start making fun of Darius, a boy in her class with a disability. They walk and move with jerking motions and then laugh. While she doesn't know Darius well, the actions of the other kids make her mad. Don't they know Darius has feelings, too?

SCENARIO 2

Mario digs his phone out of his backpack after school and opens his favorite app to browse what his friends have posted. After enjoying a few cat memes, he sees that someone has posted a photo of his friend Brennan comparing his weight to that of a large hog. In the comments, people have posted laughing emojis, pig emojis, and commented that Brennan is so gross he should stay in his room all day. Mario scrolls on to find that other classmates have posted the image on their accounts, too. Mario closes the app, but finds it hard to erase the images from his mind.

SCENARIO 3

Phys ed is supposed to be fun, but Caroline has started to get more and more uncomfortable about the way some of her friends pick on Farah, a shy girl who recently enrolled at the school. They invite Farah to play games that look like they're all having fun to the teacher, but actually involve finding ways to push and trip Farah. Caroline doesn't want to have her friends turn on her, but at the same time, her stomach turns every time she sees Farah fall.

PART 2

Rewrite the story. Choose one of the scenarios above or your own scenario, and rewrite it on the back of this sheet as a story where acts of prevention and kindness erase the bullying behavior.

LEARN MORE ABOUT BEING AN UPSTANDER AT HELPERASEBULLYING.COM



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