

Developing a School Community of Upstanders

What's an Upstander?

St. Mark School is committed to having a community of children, families, teachers and volunteers that look out for one another and set socially responsible examples for others.

In school this week, your child/ren will learn about **National Bullying Prevention Month**. They will receive the definition page shared here so we can develop a common language. They will also watch this video to help get the conversation started:

>>> WHAT DO THESE WORDS MEAN?

bully: a person or group who uses power to hurt, threaten or intimidate others. Here we use the words "bullying" and "bullying behavior" to include any behavior that is mean and cruel.

victim: a person or group who is a target of the bullying behavior—often because of their race, social class, gender, or other things like religion, weight, special needs, being an immigrant, or speaking a different language.

witness: a person who observes or hears about cruel, mean and/or bullying behavior. Students and adults who witness cruel, mean and/or bullying behavior make a choice to be a bystander or an Upstander.

bystander: a person or group who observes or hears about bully behavior. An active bystander supports or encourages the bully with words, gestures or actions. A passive bystander supports the bully by ignoring or doing nothing in response to the bullying.

upstander: a person or group who acts to interrupt or prevent bully behavior and/or supports the target of bullying.

Upstanders are heroes, and are socially responsible examples to others.

bully behavior: can take many forms. It can be physical (poke, push, hit, kick), verbal (yell, tease, insult, threaten), or indirect (ignore, exclude, tease, spread rumors).

cyber-bullying: involves sending or posting hurtful, embarrassing or threatening texts or images electronically. Unlike other forms, cyber-bullying is more difficult to see, so it can be especially dangerous and difficult to stop.

ally: is a person or group who supports others working to prevent harm and promote positive change. Allies often work across barriers of race, age, gender, role or levels of power. Allies are Upstanders.

empathy: involves more than simply understanding another person's point of view; empathy involves entering into the feelings and experience of other(s), especially when your perspective is different.

courage: often involves standing up for a value, person or group in the face of threat fear or actual harm. The word "courage" is from the French word, "coeur" —to speak and act from the heart. Courage has many roots, but it is often supported by the people around us.

"The only way to stop bullying is if we all acknowledge that it is hurtful, wrong, and vow to stand up for what is right."
—Gabriela, *BullyBust Upstander, NY*

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."
—President Barack Obama, *building on the words of Sweet Honey and the Rock*

https://www.youtube.com/watch?time_continue=28&v=j3hPjfhTirs&feature=emb_logo

Definitions extracted from *A Toolkit for Student Leaders to Create an Upstander Alliance UpSTAndeRS in Action*, pg.4 from the Bully Bust Partner School Network.