

# GENERATIONS AGAINST BULLYING

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## What is an **Upstander** vs **Bystander**? Packet

6550 West Forest Home Avenue  
Milwaukee, WI 53220  
(414) 241.2465

[www.gabnow.org](http://www.gabnow.org)  
[info@gabnow.org](mailto:info@gabnow.org)  
follow @gabnoworg

## What is an UPSTANDER?

When you see an altercation unfold in your presence, what choice do you make? Do you keep walking? Do you stop and watch? Do you take out your phone and begin recording? Do you call for help? Do you take a risk and lend a hand? If this last option is your choice then, perhaps “YOU’RE THE UPSTANDER”.

If you were to ask students (the experts) what an Upstander is, they would define it as follows:

- *“Someone who does something about a problem, such as bullying”*
- *“Someone who takes action”*
- *“An upstander is, like, the hero”*
- *“Someone who chooses to stand up”*
- *“Someone who intervenes in a non-threatening way”*
- *“Someone who encourages another person in time of need”*
- *“Someone who has courage”*



## How do we become an Upstander?

- **Take action by telling the bully to stop**
- **Take action by getting others to stand up with them to bully**
- **Take action by helping the victim**
- **Take action by shifting the focus and redirecting the bully away from the victim**
- **Take action by telling an adult who can help**
- **Stand with the victim and say something**
- **DON'T take action, by NOT joining the bully**

Upstanders have been around since the beginning of time. They can be disguised as guardian angels, heroes, good Samaritans, or role models. They can be found in every corner of the earth, including in our classrooms and on our playgrounds.

## Characteristics of an Upstander:

- **Courageous:**  
Telling a friend who is bullying to stop is hard. They may be mad at you, but at least you won't feel guilty for being silent and allowing the bully to continue. You will be doing your friend a huge favor in the end by helping them stop hurtful behavior.
- **Action-orientated:**  
Doing something that does not support the bullying behavior can be a really small intervention with big results! Three words: 'That Is Bullying' can cause others to recognize the problem.
- **Assertive:**  
Telling a friend how their behavior makes you feel and how it affects others requires you to use your voice and speak up.
- **Compassionate:**  
Upstanders have the gift of compassion. They recognize when someone is hurt and take steps to help.
- **Leader:**  
Upstanders are leaders in their social group, helping others to recognize ways to get along and be supportive to others.

## Remember Martin Luther King Jr.'s Words:

*"In the end we will not remember the words of our enemies, but the silence of our friends."*

## How do you spot an Upstander?

The upstanders in our schools are the ones that ask the outliers on the sidelines to join in the game. They make space at the lunch table for someone sitting by him or herself. They turn and make sure everyone is included in a partnership or group. They reach out to make human connections. They smile at others in the hallways and say hello to the people that need it the most. It is not expected or suggested by society. It takes incredible strength and courage. It is a sign of greatness.

And, that's just the beginning.

Upstanders ask questions when they seek to understand the world around them. They always want to know the *why* and the *how come?* Upstanders will ask questions of friends, family, teachers, leaders, and strangers.

Upstanders choose to act, even when it is not convenient, easy, or even safe. Events such as the aftermath of 9/11, Hurricane Katrina, and Hurricane Sandy helped us to see the power of upstanders in the world beyond school. We heard stories of volunteers handing food and water out to first responders. Stories of men and women shuttling victims to safety and then going back for others. Stories of friends and neighbors lending a hand or a shoulder to strangers at a time when there was nowhere else to turn.

The most amazing thing about upstanders is that anyone can choose to become one. We have an entire generation of upstanders and potential upstanders in our schools just waiting to lead by example. It is time to start watching them, letting them ask questions. It's time for honoring Historic figures like Martin Luther King Jr., Nelson Mandela, Dietrich Bonhoeffer and Mahatma Ghandi who all made their mark on history through acting as upstanders motivated by love of others. Generations Against Bullying (GAB) seeks to inspire communities and cultivate future leaders, through a message of love. Becoming an upstander is an act of love our world is in great need of.

All of us have an extraordinary ability to change the world and GAB strives to be a platform to tap into the inherent yearnings of love, acceptance, and cooperation.

- **It is time to consider how our work with children every day will grow new generations of Upstanders.**

[What is an Upstander vs. Bystander Packet](#)

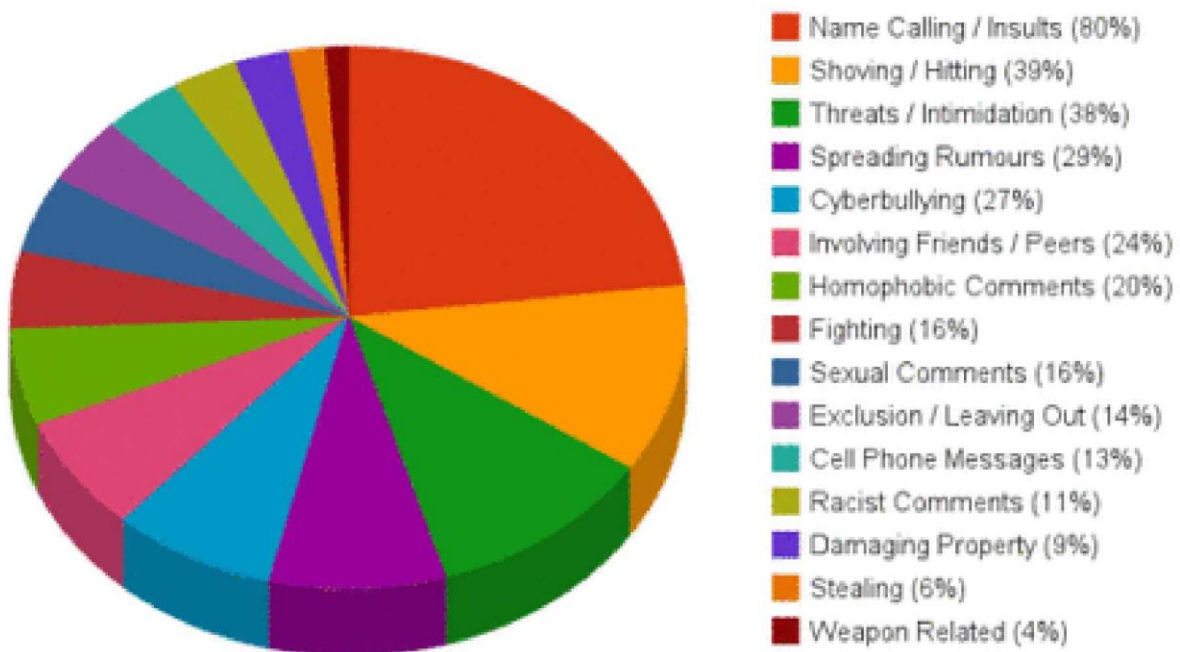
# UPSTANDER vs BYSTANDER

## What is Bullying?

- A PATTERN of REPEATED, DELIBERATE hostility and aggression by group or individual, towards another, designed to injure, disturb, threaten or upset the target
- UNEQUAL POWER- A target who is *WEAKER* and less powerful in some way than the bully
- Lack of concern on the part of the bully for the feelings and concerns of the target
- Blaming the target for what has happened
- Targets feeling helpless and out of control
- Both kids who are bullied and who bully others, may have serious, long lasting problems.

In order to be considered bullying, the behavior must be aggressive and will include:

- An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.
- Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.
- Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.



## What is a BYSTANDER?

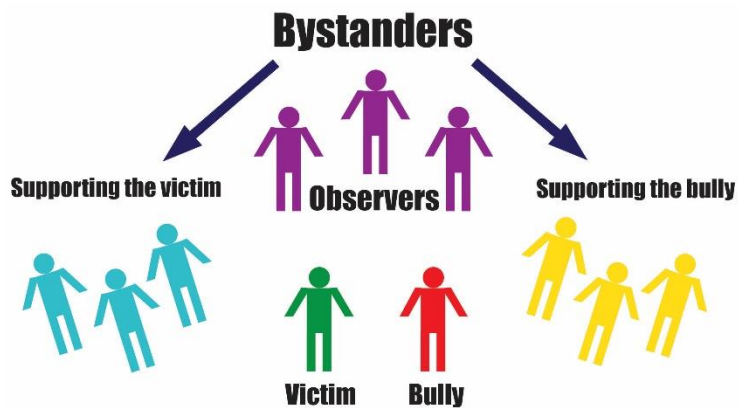
A bystander is someone who witnesses bullying, but does nothing to try and stop it. Most young bystanders do not act maliciously, but are simply unaware of their ability to help. On the other hand, some may purposely aggravate the situation through provoking the bully into action by laughing, cheering or momentarily joining in.

Why is bullying not reported?

- Scared of confrontation
- Fear repercussions from the bully
- Don't know how to report it
- Doesn't think an adult can help
- Doesn't like or know the victim
- May rely on someone else to intervene
- Might be friends with the bully

Bystanders can help stop bullying if they:

- Sticking up for the victim through disagreeing with what the bully has said and also making it clear that their behavior is not acceptable
- Report the incident to a trusted teacher or adult (this can be done anonymously)
- Rallying the support of a group of peers to stand up to the bully and report the incident
- Making a special effort to include others and befriend peers who appear isolated



## Kinds of Bullying:

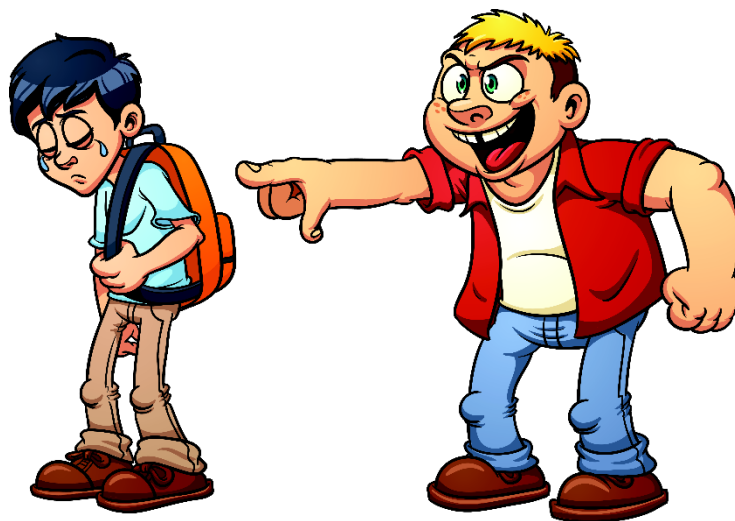
- **Physical Bullying**- hitting; kicking; taking or damaging victims' property; pushing; blocking others into corners or lockers; pinching; spitting; tripping; pulling hair; biting
- **Verbal Bullying**- name calling; insulting, persistent teasing; making threatening remarks or gestures; sarcastic remarks; making fun of appearance, clothing, family or abilities; cursing or using foul and inappropriate language; yelling at someone
- **Emotional Bullying**- Excluding others from a group; forming "cliques" or gangs; spreading nasty rumors; rejecting others from a peer group for no apparent reason; ridicule; humiliation; preventing someone from doing what they are supposed/want to do; making someone do what they don't want to do or that they know to be wrong; framing or blaming someone to get them in trouble; tattling
- **Sexual Bullying**- **ANY** unwanted physical touch, negative comments about someone's body; making crude sexual remarks; embarrassing others; coercing someone into doing something they feel uncomfortable with; calling someone "gay", "fag" or "lesbian", making comments about someone's body; making obscene or crude gestures; any actions that make someone feel uncomfortable about themselves or their bodies; making rude or inappropriate drawings; sending sexual information out over electronic media; spreading rumors about someone's alleged sexual activities or reputation
- **Racial Bullying**- Racial taunts; graffiti; racial name calling; making someone feel different or excluding them based on race, religion or ethnic background
- **Cyber Bullying**- Using a website to spread rumors or say unkind/inappropriate things about another student or post pictures; using e-mail, Instant Messenger, text messages or cell phones to send threatening or hateful messages or information to or about another student



\*Kids who are being cyberbullied are often bullied in person as well. Additionally, kids who are cyberbullied have a harder time getting away from the behavior. Cyberbullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night. Cyberbullying messages and/or images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source. Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent.

## Why Do Bullies Do it?

- Family problems- poor parenting, violence, substance abuse
- Seen people bullied in the family
- Been bullied themselves
- Selfish or spoiled and always want to get their own way
- Have no friends and feel lonely or want attention
- Feel bad about themselves and want to make others feel bad too
- Feel insecure and unimportant; jealous of others
- Want to look “cool or tough” in front of others- bullies can be great leaders
- Bullied into joining a bully group and have gone along with things just to keep on the bully’s good side
- Don’t understand how bad victims feel
- Have poor social skills
- Overwhelmed by life
- Feel helpless, out of control and powerless and so they want to feel “in control”
- Worried about their own flaws so they bully to put the attention onto someone else
- Aggressive behavior patterns, often defiant and impulsive
- Want to dominate their peers
- To keep themselves out of trouble while blaming others
- Bored
- Think they are better than others and have the right to bully them





## Why Might Kids Be Targets?

- Passive when confronted by a bully
- Alone-it is easier to pick on someone without a support group
- Cry or show emotions easily
- Lack the social skills to deflect the bullying
- Not able to dodge a conflict with humor
- Can't think quickly on their feet
- Easily aroused or frustrated- bullies love reactions
- Behave or look "different" than the other children around them- (e.g. Disabilities, skin color, clothes, awkward)
- Learning or speech difficulty or other disability or very smart
- Physically weaker than the bully
- Suffer from low self esteem
- Anxious and cautious
- Timid or shy or very provocative and annoying
- Simply there- ANYONE CAN BE A TARGET!

**None of these characteristics are the reason kids get bullied. They are just excuses the bully makes.  
Bullying is about the bully wanting power!**

## If You Are a Target!

- **IGNORE** the bully and **WALK AWAY** to a group or adult
- Assume an assertive posture, arms crossed, look the bully in the eye and don't respond
- **NEVER** show the bully that you are upset or angry
- Don't fight back if you can help it
- Avoid being alone in places you know bullies may pick on you. Stick with a group
- **TELL AN ADULT**- a teacher, counselor, principal or family members
- Ask the school for a support person or ask a friend for support
- Keep a diary about what is happening
- Don't buy in to negative behaviors. Stay positive!
- **Don't believe what the bully says, (they lie), and don't think others will believe them either**

### ***TRY THESE TECHNIQUES- Practice until you feel comfortable***

- Walk or RUN to a group of kids in the hallways or outside, turn and talk to someone when you see the bully coming
- Think up funny or clever replies ahead of time
- Compliment the bully or act as though the bully is saying good things
- Agree with the bully
- Say, "What's your point?" or "So"

## What if you are a bully?

- Apologize to all of your former targets. Do it privately
- Try to make amends to former targets. Return their things
- PRACTICE ACTING NICE AND SHOWING RESPECT!
- Watch children who play and work well with others
- Ask for help from an adult or another student
- Stand up for others when they are bullied. Be a positive leader
- Volunteer at school to help others learn new skills
- Visit a local youth club and work on making new friends
- Find activities that relax you and help you feel peaceful
- Learn to control your anger and your behavior
- Set goals for yourself. Take one step at a time
- If you have a friend you can trust, ask them to help
- Talk to a teacher, counselor, family member or another adult and ask for help
- WALK AWAY & COOL DOWN when feeling angry
- Go someplace quiet to think before you act
- KEEP WORKING AT IT!!! You can get control

## Making Yourself Feel Better...

- Make a list of all the good things you can think of about yourself
- Listen to music, watch a movie, take a nap, draw or write anything that usually makes you feel good
- Learn to talk in a positive way to yourself and others
- Do things you are good at, then try some new things
- Do some volunteer work at school or in the community
- Get involved in a "cause" to protect people, animals or the environment
- Talk to friends or family that usually make you feel good
- Practice acting in new ways, first at home, then with friends
- Take a risk and make a new friend
- Hang around fun, pleasant people
- Remember that changes take time and practice
- Do something FUN!
- ASK FOR HELP!

**Student Survey Form:** Today's Date: Month \_\_\_\_\_ Year \_\_\_\_\_

We are working to make our school a better place to work and learn.

We would like to find out how you feel about the way people treat each other here at \_\_\_\_\_ (name of school). Please answer the next questions as honestly as possible. Your answers will help us to help you feel happier and safer here at school.

**DO NOT** put your name on your form.

**DO NOT** use any names when filling our your answers.

**DO** answer as honestly and completely as possible.

1. Grade you are in \_\_\_\_\_
2. Boy \_\_\_\_\_ Girl \_\_\_\_\_
3. **Over the last month, or in the previous school year**, has someone done or said something mean to you at school? Yes \_\_\_\_\_ No \_\_\_\_\_
4. Over the last month, have you seen kids being mean to other kids? Yes \_\_\_\_\_ No \_\_\_\_\_
5. Have you done or said something mean to someone else? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Over the last month, how often have the following kinds of mean behavior happened to you or to someone else? (Please circle.)

Emotional (name calling, mean jokes, excluding, gossiping, cyberbullying)

Every day	2-4 times a week	Once a week	2-4 times a month	Once a month	Hardly ever	Not at all	Don't know
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Physical (hitting, kicking, tripping, pushing, taking money or other things from you)

Every day	2-4 times a week	Once a week	2-4 times a month	Once a month	Hardly ever	Not at all	Don't know
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Intimidating (threatening, bossing you around, making you do things, cyberbullying)

Every day	2-4 times a week	Once a week	2-4 times a month	Once a month	Hardly ever	Not at all	Don't know
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Sexual (touching or grabbing you, saying embarrassing things, cyberbullying)

Every day	2-4 times a week	Once a week	2-4 times a month	Once a month	Hardly ever	Not at all	Don't know
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Racial, Ethnic or Religious (attacking your race, ethnicity or religion, cyberbullying)

Every day	2-4 times a week	Once a week	2-4 times a month	Once a month	Hardly ever	Not at all	Don't know
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7. Did you tell anyone? Yes \_\_\_\_\_ No \_\_\_\_\_ Who? Parent \_\_\_\_\_ Teacher \_\_\_\_\_ Administrator \_\_\_\_\_ Other \_\_\_\_\_ Why/Why Not? \_\_\_\_\_

8. When the bullying happened, how well did the school handle it **most of the time**?  
 I knew what to do and I handled it myself.  
 The adults at school handled it very well and the bullying stopped.  
 The adults at school tried to handle it but nothing really worked.  
 The adults at school handled things and it got worse.  
 The adults at school did not handle it at all.