Bystander- Which one will you be?

There are many types of bystanders, each with their own level of risk. However, **with risk comes reward.** Rank the level of risk for each:

1. No risk
2. Low risk
3. Medium risk
4. High risk

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| **Types of bystanders** |
| **Reinforcer**Level of risk:0 1 2 3 | * Encourage or reinforce the bully’s behaviour
* Laugh with the bully
* Cheer the bully on
* Very fine line of becoming the bully ☹
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| **Passive bystander**Level of risk:0 1 2 3 | * Not joining in or supporting the bully, but also not saying or doing anything to stop them
* Stands by but looks away, or may watch but not react
* May block the victim’s exit intentionally/unintentionally
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| **Avoid/ Distract**Level of risk:0 1 2 3 | - walks away - may even encourage others to walk away- changes the subject- redirect the bully without correcting them- goal is to take away attention from the bully, or to take the bully’s attention off the target/ victim |
| **Ally**Level of risk:0 1 2 3 | * Supports the target through standing with them, showing kindness or befriending them
* May not stand up to the bully, but approaches the target after
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| **Defender or Upstander**Level of risk:0 1 2 3 | * Stands up to the bully
* Directly confronts the bully
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Becoming an Upstander

1. Why do you think it might be hard for someone to be an upstander? Why might it feel easier to stand by and watch?
2. What attributes (character traits) do you think an Upstander needs to have?
3. Choose one of the following quotes and explain what they mean and how they apply to being an upstander. Circle the one you choose, then write your response below.
4. “With risk comes reward.” – Thomas Jefferson
5. “In the end we will not remember the words of our enemies, but the silence of our friends.”- Martin Luther King Junior.