



FACT SHEET #2: HOW TO BE AN UPSTANDER



BYSTANDER VS. UPSTANDER

What is a bystander?

- A bystander is someone who sees or knows about bullying that is happening to someone else.
- Bystanders can be an important part of the solution to stop bullying ([Australian Human Rights Commission](#)).

What is an 'Upstander'?

- An Upstander is a supportive bystander.
- An Upstander will use words and/or actions that can help someone who is being bullied ([Australian Human Rights Commission](#)).
- There is no one-size-fits-all approach to being an Upstander. Being an Upstander can be tough. Sometimes it is not easy to work out how to help safely ([Australian Human Rights Commission](#)).

Why encourage your taura/students to be Upstanders?

- Bystanders can be powerful allies. Taura have a unique power to prevent bullying. [Research](#) shows that more than half of bullying situations (57%) stop when a peer intervenes on behalf of the taura being bullied.
- Our [classroom activities](#) support taura to intervene safely in bullying situations.
- Schools can encourage taura to be there for one another and be Upstanders by teaching skills and offering resources – like our [Upstander classroom activities](#) – that support this behaviour.
- Taura who express Upstander behaviours or values of kōrero awhi, aroha and kindness or mana manaaki could be recognised and rewarded with our [Pink Shirt Day awards](#).

Kaiako/teachers who encourage their taura to be Upstanders is one way they are helping them to become better people and stronger young leaders.

FIVE ACTIONS TO BEING AN UPSTANDER

These actions can help your taura take safe action ([ReachOUT](#)):

1. Awhi/support the person experiencing bullying

- Awhi the person being bullied, even if you just stand beside them and let them know you've got their back.
- Encourage them to ask a kaiako/teacher for help or go with them to get help.
- Give them our 'Getting Help and Advice' fact sheet.
- Let them know they're not alone!

2. Distract

Interrupt the bullying in some way:

- For example, ask the person experiencing bullying if they want to play a game.
- Help them to leave the situation they're in.
- Anything non-threatening will work.

3. Call it!

- If you feel safe to, let the person/people doing the bullying know that what they're doing is not okay.
- Use your words to show aroha and kindness to those involved.
- Don't stand by and watch.
- It can be hard to speak up in the moment, but it can make a huge difference.

4. Leave and act

If you don't feel safe to step in while the bullying is happening:

- Move away from the situation.
- Have a wee think before actually doing something.
- Later, let the person experiencing the bullying know that you saw and ask what might help.
- You might have a quiet word with the person doing the bullying behaviour.

5. Get some awhi/support and help

- There are people who care and want to help!
- Support the person to get some help from others – whānau, kaiako, a trusted adult or a helpline and then help them act on their advice.



Upstanders who feel safe enough to take action and apply the value of 'kōrero awahi' can help put an end to bullying and the target of bullying can recover.

Upstander classroom activities:

Awahi/support your taurira to have the confidence and mana to use these actions by running our new Pink Shirt Day [activities](#) in your classroom!

- **Being Brave for Others:** This fun activity teaches rangatahi about the above five Upstander actions but also helps them to reflect on their friendships, people who are there for them, and who they are there for.
- **Upstanding Plan:** A creative activity where taurira film a safety video, similar to Air New Zealand's, on the Five Upstander Actions. Have a film premiere night with the principal and whānau, share them at assembly, add them to your school website and share them with us! This is a fun game with an important message.

This is how life should be. People should be able to stand up for their values in life and stick up for the people in their life.