

# COURAGE TO CARE TPL

## Upstander Program for teacher professional learning



### TRANSFORMING BYSTANDER BEHAVIOUR INTO UPSTANDER ACTION

At Courage to Care, we believe that ordinary people have the power to make a positive difference in the lives of others by choosing to be Upstanders.

Our Upstander Programs inspire participants to take action when confronted by discrimination, creating real change in the schoolyard, in work places, and in our communities.

Delivered by our team of skilled and dedicated volunteers, our Upstander Programs promote acceptance of diversity within our community. Programs transform bystander behaviour by demonstrating the core fact that a bystander is never neutral, that refraining to act allows harm to happen, and by offering participants practical tools for standing up against bullying, racism and other forms of discrimination and harassment.

We deliver Upstander Programs free of charge to secondary and primary school students across Victoria.

Our social enterprise delivers Upstander Programs to community groups and workplaces, as well as professional learning programs for primary and secondary school teachers.

### THE UPSTANDER PROGRAM FOR TEACHER PROFESSIONAL LEARNING

The Upstander TPL will help you as colleagues and teachers to (i) gain insight into how unacceptable behaviours are normalised; (ii) understand the value of Upstander behaviour; and (iii) develop practical ideas for developing an Upstander support framework with a view to pursuing positive culture change for your school and your students.

The Upstander TPL runs optimally 3 hours (2 hrs minimum). Workshops can be booked for a minimum 10 teachers.

### WHAT HAPPENS IN THE UPSTANDER TLP

This is a fully participatory program with exercises that challenge thinking and small group workshoping focused on practical outcomes.

- Exercise on social perception and understanding our unconscious bias
- Pyramid of discrimination - how the cascade works and examining where our community is on the pyramid
- Bystander behaviour, power, and obstacles to action
- Examine real school case studies using Upstander tools
- Develop an Upstander support framework for your school.

*'Excellent presenters, great materials, effective program.'* **Teacher, Xavier High School Albury**

*'The presentation was impressive, powerful and moving. I felt honoured to hear Peter's story in person. I have already spoken to staff at school about how we might include it in our RRRR curriculum. You refreshed my motivation.'* **Teacher Professional Development Participant, Frankston**

*'I very much appreciated the passion, commitment and intrinsic messages delivered by the presenters. The program creates an environment for personal inquiry and questioning of basic values.'* **Teacher, St Margaret's School Berwick**

*'Thank you. This program is exceptional. It is full of life-changing concepts and you are courageous to share it with us.'* **Assistant Principal, Westbourne Grammar School, Werribee**

### ENQUIRIES



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visit [couragetocare.org.au](http://couragetocare.org.au)

**'Every single day you make an impact on those around you. What you do makes a difference, and you have to decide what kind of difference you want to make.'** *Jane Goodall*

PRINCIPAL PARTNER



MAJOR PARTNER



Education and Training

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