

COURAGE TO CARE MYP Upstander Program for Middle Years students



TRANSFORMING BYSTANDER BEHAVIOUR TO UPSTANDER ACTION

Courage to Care is an educational program about the importance of standing up to discrimination, empowering each of us to confront prejudice and bullying. Taking inspiration from real-life extraordinary acts of courage by ordinary people, our Upstander Programs inspire people to make a difference by standing up and taking action, creating real change in the schoolyard, workplaces, 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 from action allows harm to occur, and by offering participants practical tools for standing up against bullying, racism and other forms of discrimination and harassment.

Upstander programs are offered at no cost to schools across Victoria. Our social enterprise delivers professional development for teachers.

Since 2000, more than 150,000 students have participated in our upstander programs in Victoria.

SYP OR MYP? HOW DO I CHOOSE?

The two programs are complementary. Younger students participate in the **Middle Years Program** and progress to the **Secondary Years Program** later in their education.

MYP introduces the concept of accepting diversity across society and the concepts of stereotyping, prejudice and discrimination.

SYP explores more thoroughly the dangerous progression that begins with stereotyping and can lead to hatred and genocide - and how to nip it in the bud.

WHAT HAPPENS IN WORKSHOPS

MYP Upstander Program for Years 5-7 is delivered in a 90-minute workshop in your school. Led by trained facilitators, students are guided on a journey to explore their own attitudes and actions and are provided with tools to help them develop more compassionate and thoughtful responses.

- 1 What students can expect

 - Hands-on activities and group work
 - To be challenged on their attitudes and behaviours.
 - A Holocaust survivor's testimony of their rescuers' courage to care and the difference it made
- 2 What they will learn

 - How society influences the way we see and treat others
 - Four critical terms: stereotyping, prejudice, discrimination, racism
 - What it really means to be a bystander
 - How they can become "upstanders" with real and practical tools
 - That each individual can make a difference
- 3 Curriculum enrichment

 - Intercultural capabilities
 - Personal and Social Capabilities
 - Ethical Capabilities
 - Cultural Practices and Cultural diversity
 - Respectful Relationships
 - Literacy

"The talk by a survivor was listened to in silence, although there were over one hundred students present. Attendance is free, yet the 'return' in information gained and discussion generated is massive." Teacher, Tintern Schools

"It engaged the students with real details, then took it further to make it matter. Excellent presenters, great materials, effective program." Teacher, Xavier High School Albury

"I believe this excursion to be one of the best I have experienced in 30 years of teaching." Teacher, Oberon High School

"I've realised today that you don't have to be powerful to do something like stand up for someone in trouble." Student, Werribee

"I thought the morning was brilliant and every school should hear the stories." Student, Richmond

ENQUIRIES AND BOOKINGS



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Recipient of Victorian Multicultural Commission Award for Excellence in Education 2013 and 2020.

'I always wondered why somebody doesn't do something about that. Then I realised I was somebody.'
Lily Tomlin

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