

An educational program about the importance of standing up to discrimination, empowering each of us to confront prejudice and bullying.

UPSTANDER TOOLKIT

About 70% of Australians who see an act of bullying, harassment or discrimination do not act.

Why? Because it's hard to be the one who stands up and speaks out.

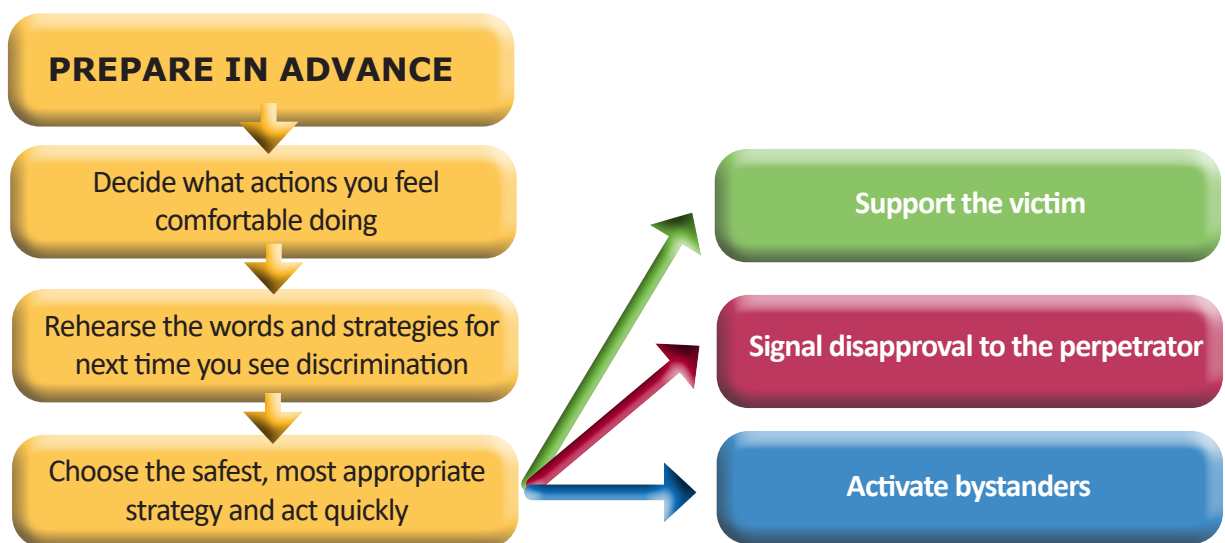
We all worry about drawing attention to ourselves.



It can be hard to know what to do.

But **doing nothing is not a neutral response**. It sends a message to the victim, to the perpetrator, and to other bystanders that what was said or done is OK. It's not OK!

Better idea: **Choose to become an Upstander**



Our vision: creating a generation of Upstanders

✉ office@couragetocare.org.au

🌐 couragetocare.org.au/home

🌐 linkedin.com/company/35532102

📘 facebook.com/CourageToCareVic

Development of this resource was made possible by the generosity of the Greg Rosshandler family

CHOOSE PRACTICAL ACTIONS FROM YOUR TOOLKIT

FIRST check the situation to be sure it is *safe*. Don't intervene in violence – call the police on 000

SUPPORT THE VICTIM

During or after the event



During

- Ask 'Are you okay?'
- Stand between victim and perpetrator
- Sit with victim
- Invite the victim to come away
- Get help from trusted authority

After

- 'That sucked and wasn't your fault'
- Offer to help report
- 'Do you want to hang out sometime?'

SIGNAL DISAPPROVAL TO PERPETRATOR

Passive action

- Frown/shake your head
- Don't laugh

Active options

- 'Excuse me, can you repeat that?'
- 'Do you think that's funny?'
- 'Well, that's just embarrassing'
- 'I don't like what's going on'
- 'Leave 'em alone'
- 'What you said is really racist'
- 'Do you really think that's okay to say?'



DISTRACT

Safe options

Non-confrontational

- Change the topic
- 'The bus is leaving, let's go'
- Break the tension: 'Anyone want to play Mario Kart?'
- 'The teacher is watching'



SUPPORT UPSTANDERS

- Stand close to signal support
- Agree with their words and actions



ACTIVATE BYSTANDERS

Enlist allies

- Ask 'Am I the only one who...?'
- 'Will you get help?'
- 'Back me up while I talk?'

Plan ahead

- Create group rules for next time



ONLINE

Don't let things go

- Change the topic
- Share a relevant fact
- Share a distracting meme
- Tag allies
- 'Wow, this is horrible! Did you get hacked?'
- 'Come on, we're better than this'
- 'I don't get what's funny?'
- Like/share a supportive comment
- Disapproving face emoji

Focus on the victim

- Post or message 'Are you okay?'
- Report to Facebook/Insta/WhatsApp
- Screenshot to report to authorities



REMEMBER

Don't take it personally; even if the perpetrator doesn't respond well, you're still helping to fix the problem by showing others it's not OK. You can walk away but don't give up! Act again next time.



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