

COURAGE TO CARE SYP

Upstander Program for Secondary Years students



TRANSFORMING BYSTANDER BEHAVIOUR TO UPSTANDER ACTION

Courage to Care is an educational program that transforms bystander behaviour by empowering participants to stand up against bullying and discrimination, including racism and antisemitism. Activities open their eyes to the consequences of the negative impact of the bystander and provide them with practical tools for action.

Taking inspiration from real-life extraordinary acts of courage by ordinary people, our Upstander Programs motivate people to make a difference, creating real change in schools and communities.

Delivered by skilled and dedicated volunteers, our Upstander Programs promote acceptance of diversity within our community.

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

Since 2000, more than 175,000 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 OUR WORKSHOPS

SYP Upstander Program for Years 8 - 12 is delivered as a 100-minute workshop to students directly in their classrooms.

- 1 A brief documentary film gives historical background to the Holocaust as an extreme example of the escalation of racism and discrimination.
- 2 A survivor's personal testimony of how rescuers had the courage to care.
- 3 Enquiry-led activities that spark thought and discussion and kindle change in personal attitudes and behaviours.
- 4 Facilitated discussion so students understand the consequences of their choices and to empower students with extensive tools to overcome bystander behaviour and become Upstanders.
- 5 Students gain a toolkit to help them respond when they witness injustice.

CURRICULUM ENRICHMENT

- Intercultural capabilities
- Interpersonal and Social Capabilities
- Ethical Capabilities
- Humanities (English, History, Politics, Holocaust/genocides, Philosophy)
- Social sciences (Psychology)
- Student Wellbeing
- Respectful Relationships

"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

"Very powerful! It was great for students to hear REAL stories which were then linked to the Local Heroes, so the goal of making a difference is made achievable." Teacher, Carambalac College Werribee

"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

- 📞 9533-0955
- ✉ office@couragetocare.org.au
- 🌐 visit couragetocare.org.au

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

PRINCIPAL PARTNER



MAJOR PARTNERS



PARTNERS & SUPPORTERS

- Besen Family Foundation
- B'nai B'rith Victoria
- Marquill Foundation
- Jakob Frenkiel Charitable Trust

- L & L Kausman
- Lord Mayor's Charitable Foundation
- Jack & Robert Smorgon Family Foundation
- Loti & Victor Smorgon Foundation

SYP – Secondary Years Program

❖ Key concepts

Icebreaker activity

- Students consider how bullying, racism and other forms of discrimination manifest in their social spheres
- Students consider how they respond to such behaviours

❖ Perpetrators and Victims

Small group scenario analysis

- Emotions and motivations of perpetrators
- Emotional and social consequences for victim
- Impact of bystanders on all actors and community

❖ Bystander obstacles

Small group activity

- Why we choose not to act
- Overcoming our own inhibitions
- Who is responsible for harm to victim

❖ Holocaust documentary and survivor speaker

- How discrimination progressed to genocide
- Upstanders and why they acted
- Importance of empathy
- Swastika and other symbols of hate in contemporary society

❖ Upstanders

Small group scenario analysis

- Practical upstander responses with emphasis on safety
- How to support the victim
- How to signal disapproval to perpetrator
- How to activate bystanders
- Online

❖ Call to action

Practice for real situations

- Practical responses to various situations of bullying and/or discrimination to enable quick and safe action
- Identify what you can commit to
- Wrap up