

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 the consequences of drawing attention to ourselves.

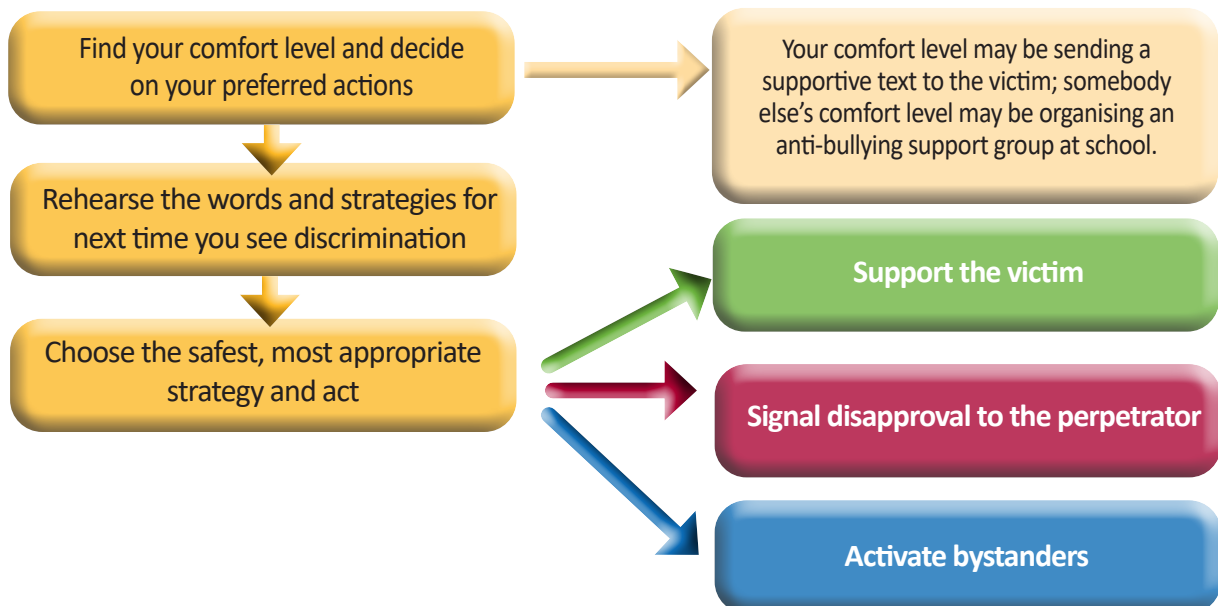


It can be hard to know what to do.

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 and take safe action.**

PREPARE IN ADVANCE



Our vision: creating a generation of Upstanders

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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



- Ask 'Are you okay?'
- Stand between victim and perpetrator
- Sit, stand or walk with victim
- Invite the victim to come away
- Get help from trusted authority (anonymous is okay)

After the event

- 'That sucked and wasn't your fault'
- Offer to help report
- 'Do you want to hang out sometime?'
- Listen to what the victim has to say so they feel heard

SIGNAL DISAPPROVAL TO PERPETRATOR

Passive action

- Frown/shake your head
- Don't laugh

Active options

- 'Calm down, you're better than this.'
- 'I don't get what's funny?'
- 'Dude, this is just embarrassing'
- 'I don't like what's going on'
- 'Did you mean that? It sounds racist/sexist...'
- 'This is not cool / We don't talk like that'



DISTRACT

Safe options

Non-confrontational

- Change the topic
- Has anyone seen my phone/wallet/coat?
- 'Come on, we're all late for the bus/game/class'
- Break the tension & suggest something silly: 'Anyone want to play Mario Kart?'
- Cause a disruption – make noise, call people to a window.



SUPPORT UPSTANDERS

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



ACTIVATE BYSTANDERS

Enlist allies

- 'We are all better than this'
- 'Will you back me up if I say something?'
- 'Is anyone else uncomfortable with this?'
- 'Go get help and I'll sit with victim'

Plan

- 'What can we do to stop it happening again?'



ONLINE

Don't let things go

- Change the topic
- Share a relevant fact
- Share a disapproving meme
- Tag allies for support
- 'Wow, this is horrible! Did you get hacked?'
- 'Come on, we're better than this'
- 'I don't get what's funny?'

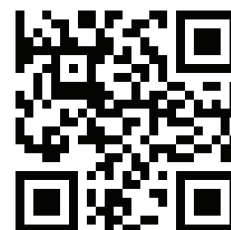
Focus on the victim

- Message privately 'Are you okay?'
- Report to Insta/WhatsApp/TikTok
- Screenshot to report to authorities
- Like/share/post a supportive comment



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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