**Upstander**:

Objective: Help kids understand what being an upstanders are and come up with ideas of how they can be an example in their environments.

Definition: Is someone who recognizes when something is wrong and acts to make it right.

Video: <https://www.youtube.com/watch?v=eeqQCyQOCPg>

Talking points:

* What is being an upstander? (Being an upstander is standing up for someone when they aren’t being treated kindly.)
* How does it feel like to be stood up for?
* Respect is the foundation of friendship.
* How can you be an upstander at school every day? (Suggestions: Standing up for those around you when you see it.)

Books that illustrate Respect: (\*Indicates this book can be found in Cassie’s Library)

* Speak Up and Get Along! By, Scott Cooper\*
* The Bully Blocker’s Club by, Teresa Bateman & Jackie Urbanovic\*

Activities:

* Read the children a story and change events by either increasing or decreasing different upstander behaviors identified in the story. Discuss how the changes might affect the rest of the story.
* Print out Super Hero cut outs, have the children decorate the cut outs to be they’re own Super Hero design.
* Act out different scenarios where someone is not being an upstander, and where someone is being an upstander. Then, have the rest of the group talk about similarities, differences, and things that come up for them in the reenactments.