

# Teaching Students to Be Upstanders\*

Reflect on your personal experiences.

- Has someone ever stood up for you?
  
- Have you stood up for someone else?
  
- Do you know of someone who stood up for another person?

Develop a plan to teach your students to be upstanders.

- How will you introduce the lesson? How will you make this safe for all students?
  
- How can you encourage students to share upstander experiences?
  
- What will you do to have students practice/role-play being an upstander?

Implement your plan.

Reflect on the impact of your lesson. What changes will you do to improve in the future?

How will you keep this learning alive in day-to-day classroom life?

\*Find an example of how middle school students taught elementary students how to be upstanders in the short Not In Our Town (2013) film *Try It Out: Peer Mentoring on How to Be an Upstander* (<https://www.niot.org/nios-video/try-it-out-peer-mentoring-how-be-upstander>).

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