

THE Counseling CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Weigand

Teaching Students to be an "Upstander"

October is National Bullying Prevention month. It is so important to teach our children to become "upstanders" and not bystanders. An upstander is a person who recognizes a wrongdoing and chooses to take action to help instead of just being a witness.

How to teach children to be an upstander:

Practice the 4 "D's"

- **Direct:** If it feels safe, say something simple and clear to the person bullying, like: *"That's not cool,"* or *"Leave them alone."*
- **Distract:** Interrupt the situation by changing the subject or creating a diversion. Your child can walk up to the target and say, *"Hey, the teacher is looking for us,"* or *"Let's go play basketball."*
- **Delegate:** Get help from a trusted adult. Remind your child that **reporting is not "snitching."** Tattling is trying to get someone *into* trouble; reporting is trying to get someone *out* of trouble.
- **Delay:** If they couldn't step in during the moment, they can check in with the student *afterward*. Saying, *"I'm sorry that happened to you, do you want to sit together at lunch?"* makes a massive impact.

Role play at home: Practice short scripts in the car so that kids feel more comfortable standing up in the heat of the moment.

Encourage them to be upstanders online: Teach them to never like, share or comment on mean post or rumor.

October's Focus:

Teaching Students to be Upstanders

