

Tips for Upstander Engagement and Activation

INITIATE: Start conversations with peers, teachers, and staff about the challenges and negative effects bullying has on your school climate. Focus on the positive too! Get the community thinking. Ask teaser questions like: *How do I contribute in making school a place for sharing, learning and growing?*

PROMOTE: Increase awareness around positive school climate. For example, use social media forums such as Facebook to set-up a page for students to share information, view pictures from the chapters' activities, and create events. Share through Twitter #upstander or @bullybust.

ENGAGE: Get input from your peers. For example, set up meetings to share individual challenges and goals, establish common challenges and goals, discuss the changes you want to see, and brainstorm strategies to make those changes happen. Make sure each member can contribute and each voice is heard!

COLLABORATE: Work with school staff and teachers and use your school's resources.

MARKET: Create a PSA (Public Service Announcement) to broadcast how upstanders in your school are making change. Make a call-to-action for others to join!

CONNECT: Work with other clubs in your school to recruit new members, share initiatives, and expand the work of both organizations.

SHARE: Read the conversations on the Upstander Central discussion board, and engage with other youth who have the same mission as you! Share what has worked or has not worked in your school and offer advice to others.

ACTIVATE: Start a project or activity within your chapter and invite others to join. Activate others around a spirit of teamwork.

LEARN: Create opportunities to learn from each other in an open environment. For example, host a meeting. (1) Start with an icebreaker to help start conversations. (2) Ask questions and learn from each other. *How has bullying impacted a life of a friend? How do you envision a school in where all students are engaged, feel safe and able to thrive— what does it look and feel like?*

HAVE FUN!

