

UPSTANDER STRATEGIES

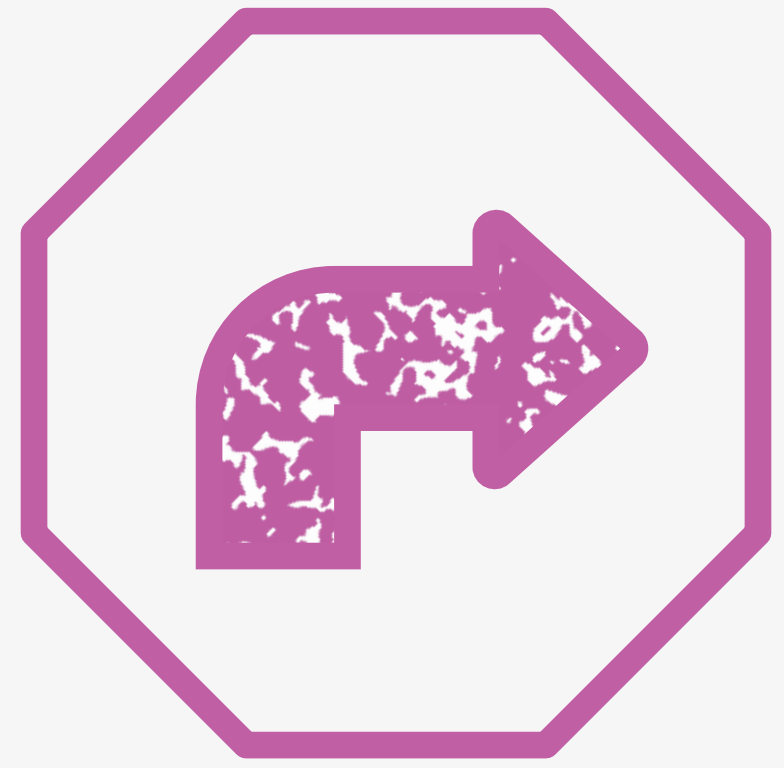


BE A FRIEND

"Want to eat lunch with me?"

"Are you ok?"

Write the target a note of appreciation.



STOP & REDIRECT

"Hey, come over here and hang out with me."

Stop rumors by saying "not interested" and change the subject.



SPEAK OUT

"What you just said is not okay."

Turn an aggressor's put-down into a compliment or appreciation.



REPORT IT

Tell a trusted adult in person or through email.

Take a screenshot of an aggressive online comment and report it to a site administrator.