

Prevention Program Overview

Program: The Upstander

Program Objectives

The Upstander empowers students to recognize their influence in bullying situations and develop the confidence to take safe, positive action. Rather than focusing solely on the harms of bullying, the program emphasizes the power of students to create a culture of inclusion, respect, and support within their school community. Through discussion, scenario-based problem solving, and teamwork, students learn how to move from passive bystanders to active upstanders.

The program teaches students to:

- Define bullying and identify the elements of repetition and power imbalance.
- Distinguish between cyberbullying and in-person bullying.
- Recognize the four roles present in bullying situations: target, bystander, reinforcer, and upstander.
- Understand the impact of exclusion and the importance of inclusion.
- Identify barriers that prevent students from speaking up.
- Practice safe and effective strategies for responding to bullying.
- Recognize when adult support is needed.

Program Summary

Sessions	One
Population	Appropriate for 7th–9th grade students
Education	Key Learning Concepts <ul style="list-style-type: none">• Bullying involves a misuse of power and repeated harmful behavior.• The actions of bystanders can either reinforce or stop bullying.• Inclusion promotes belonging, safety, and respect.• Cyberbullying can occur through social media, messaging apps, group chats, and other digital platforms.• Students have multiple options for responding safely when witnessing bullying.• Seeking help from trusted adults is a sign of strength, not weakness.• Positive peer influence can help create healthier school environments.
Activities	<ul style="list-style-type: none">• Inclusion vs. Exclusion Brainstorm: Students identify emotions associated with being excluded and included.• Upstander Toolbox Creation: Students develop a collection of practical response strategies.• Student Solutions Team Activity: Small groups analyze realistic bullying scenarios and develop safe, respectful solutions.• Group Debrief: Students share recommendations and discuss how their actions can positively impact school culture.
Prevention Skill	Students learn positive relationships and how responsible decisions contribute to a safe and respectful school environment. Students strengthen empathy, communication, problem-solving skills while learning safe strategies to support others and respond to bullying situations.