HOW TO BE AN UPSTANDER – THE 4 D'S

Make a difference to someone's life and improve your school by being an Upstander to discrimination, harrasment and bullying.

HOW TO BE AN UPSTANDER

DIRECT

Say something directly to addresses the poor behaviour and supports the target. Be kind and understanding that everyone makes mistakes.

DISTRACT

Distraction is a subtle and creative way to intervene. Ask for directions to class; drop your bag 'accidentally'; pretend you know one of them.

DELAY

If you can't intervene in the moment, you can check with the person being treated badly afterwards to see if they are OK.

DELEGATE

Bring in a third party to help. This might be a friend, parent or teacher.