

# Being Brave For Others

## UPSTANDING ACTIONS

- 1. Show your support:** Awhi the person being bullied, even if you just stand beside them and let them know you've got their back and they're not alone.
- 2. Distract:** Interrupt the bullying in some way. Ask if they would like to play a game. Anything non-threatening will do the trick.
- 3. Call it!** Let the person doing the bullying know that what they're doing isn't okay. It can be hard in the moment but it can make a huge difference. If you feel safe, show kindness to those involved.
- 4. Leave and act:** If you don't feel safe to step in while the bullying is happening, move away and have a think before doing something. E.g. letting the person who was bullied know that you saw it and perhaps ask what might help, or call it quietly with the bully.
- 5. Get some tips or help:** You don't have to challenge bullying on your own. Seek out some help from friends, whānau, parents, teachers or a helpline, then act or have them help you to act. There are people who care and can help.

**Upstanding is inside us all, but we may feel more comfortable with some techniques rather than others. The important thing is to do something.**

## MOVIE REVIEW

**Incident:**

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**Any upstanding actions?**

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**Incident:**

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**Any upstanding actions?**

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**Incident:**

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**Any upstanding actions?**

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# My upstanding scene

The scene I've chosen to rewrite is:

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Current upstanding action/s (if applicable):

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The upstanding actions I'll include (one or more):

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