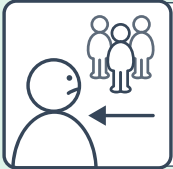




Words you will learn:



bystander

Someone who sees or knows that something is happening but is not directly involved.



consent

Clear permission given freely.



self-esteem

How you think and feel about yourself.



upstander

Someone who sees or knows that something wrong is happening and chooses to take safe and respectful action to help.

Everybody has different **boundaries** (rules that keep people safe or comfortable).

You can:

- Say yes
- Change your mind.
- Say no.
- Change a boundary.

Other people should respect your decision.

Crossing a boundary, even as a joke, can damage trust.

Respect means being thoughtful in the way you think, speak and act, and recognising the roles and responsibilities of people in different settings.



Acting in line with our values and working on our personal growth helps our self-esteem and helps us be the best version of ourselves.



Standing up for ourselves and others means:

using our
voice positively

including
everyone

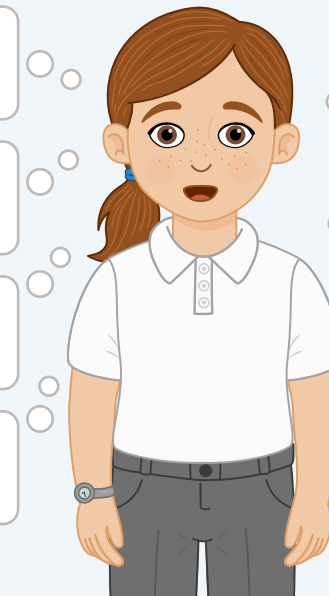
challenging
unfairness

treating
people fairly

setting and
respecting
boundaries

supporting
others

asking for
help when we
need to





A **stereotype** is an unfair idea about a group of people that is often untrue and unfair.

This can lead to...

Discrimination is when someone is treated unfairly or differently because of who they are.

Stand up to unfair treatment by:

- Showing **empathy** (understanding and sharing the feelings of someone else)
- Speaking respectfully.
- Challenging unfairness safely.



Bullying is repeated unkind behaviour that causes harm. It can seriously affect a person's mental health and wellbeing.

If you see bullying, be an upstander.



Bystander

- Sees what happens but may not seek help.
- May walk away or ignore the situation.



Upstander

- Takes safe action.
- Supports the person being bullied.
- Gets help from a trusted adult if needed.

We all face problems. Sometimes these are:



mild



medium



hot

Deciding when to get help

