

HOW TO BECOME AN UPSTANDER

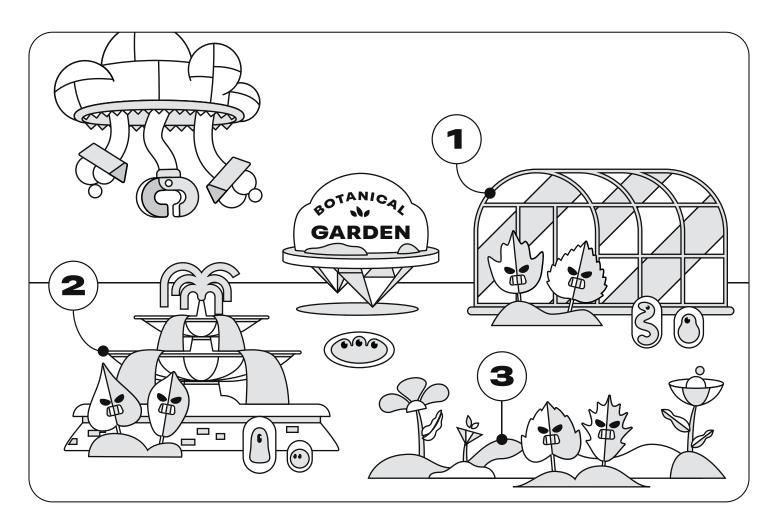
ACTIVITY SHEET • FTC.GOV/YOUVILLE

Upstanding in the Garden

The Claud has descended on the Youville Botanical Garden. Negative and hurtful comments sprout like weeds in the Youbies' communications. Remove the weeds and restore the garden by practicing being an upstander.

With your group, think about steps an upstander would take in each situation. Use the options below or write your own responses.

- **DON'T CREATE** or spread harmful or untrue messages online.
- DON'T ENCOURAGE bullying.
- **STAND UP** for the person who is being bullied.
- **SUPPORT** the person who is being bullied.
- BLOCK or report the bully.
- TALK to a parent or trusted adult.



Upstanding in the Garden



The Greenhouse

- A. Your friend scores high on a big math test. Someone spreads a rumor on a social media platform that your friend must have cheated on the test to get such a good grade.
- B. You invite the new kid to sit with your friends at lunch. Later, someone makes fun of him in the group chat saying, "Did you see how dirty his clothes were?"



The Fountain

- A. Someone you know posts an embarrassing photo of your friend on a social media platform. When you say that is bullying behavior, she says, "Be quiet or you're next!"
- B. Your cousin posts a video of himself doing a dance challenge.

 Someone makes a hurtful comment about his appearance and dance skills. Then a bunch of other people pile on, liking and agreeing with the comment.



The Flower Garden

- A. Someone on a video game gets mad and shouts bad words at you and your friends.
- B. A Youbie in your class chokes on her lunch and another kid records it and sends the video to the whole class.