

YOUVILLE

DIGITAL CITIZENSHIP | 11-12 YEARS OLD

How To Become an Upstander



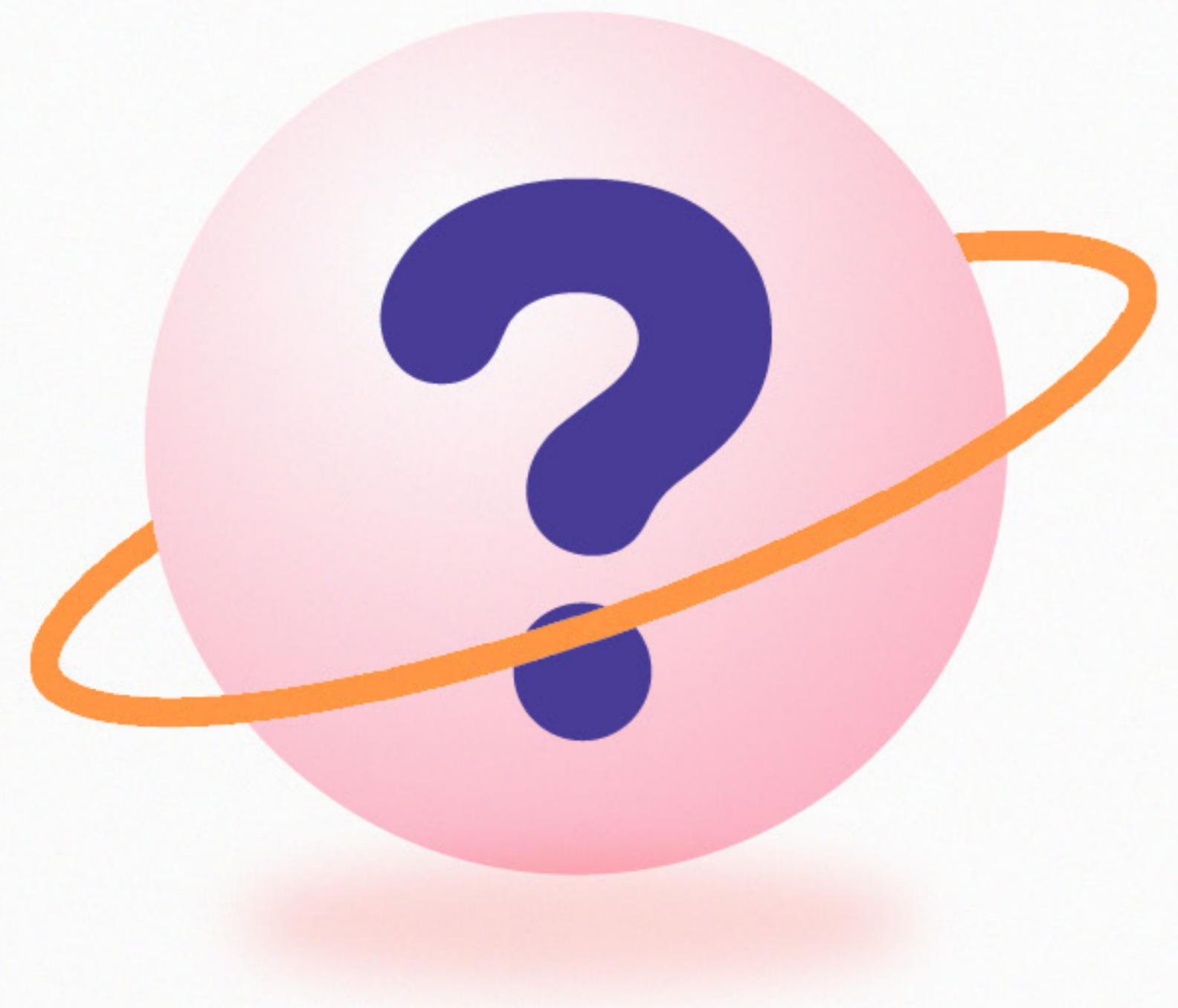
FEDERAL TRADE
COMMISSION

YOUVILLE



Mission: Upstander

- 1 How would you respond in a situation where someone starts making negative and hurtful comments online?
- 2 What are ways to handle this situation in a safe and responsible way?



Bystanders and Upstanders

- People who witness bullying usually fall into one of two groups:
 - » A bystander is someone who witnesses bullying.
 - » An upstander is someone who recognizes when something is wrong and takes action to help make it right.
- Have you ever been an upstander or bystander?



Spread Positivity

Get a parent or trusted adult to help practice answering questions like:

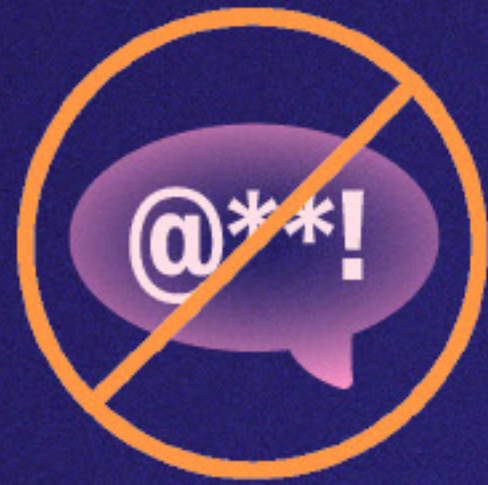
WHAT kind of online communication is and isn't okay?

HOW can I decide when it feels safe to be an upstander?

WHEN should I remain a bystander?



Options for Upstander Responses



Don't create or spread harmful or untrue messages online



Don't encourage the bully



Stand up for the person being bullied



Support the person who is being bullied in person or online



Block or report the bully



Talk to a parent or trusted adult

CHALLENGE ACTIVITY

Upstanding in the Garden



Upstanding in the Garden

The Claud has descended on the Youville Botanical Garden. Negative and hurtful comments sprout like weeds in the Youbies' communications.

Help the Youbies remove the weeds and restore the garden by practicing being an upstander.



Upstanding in the Garden

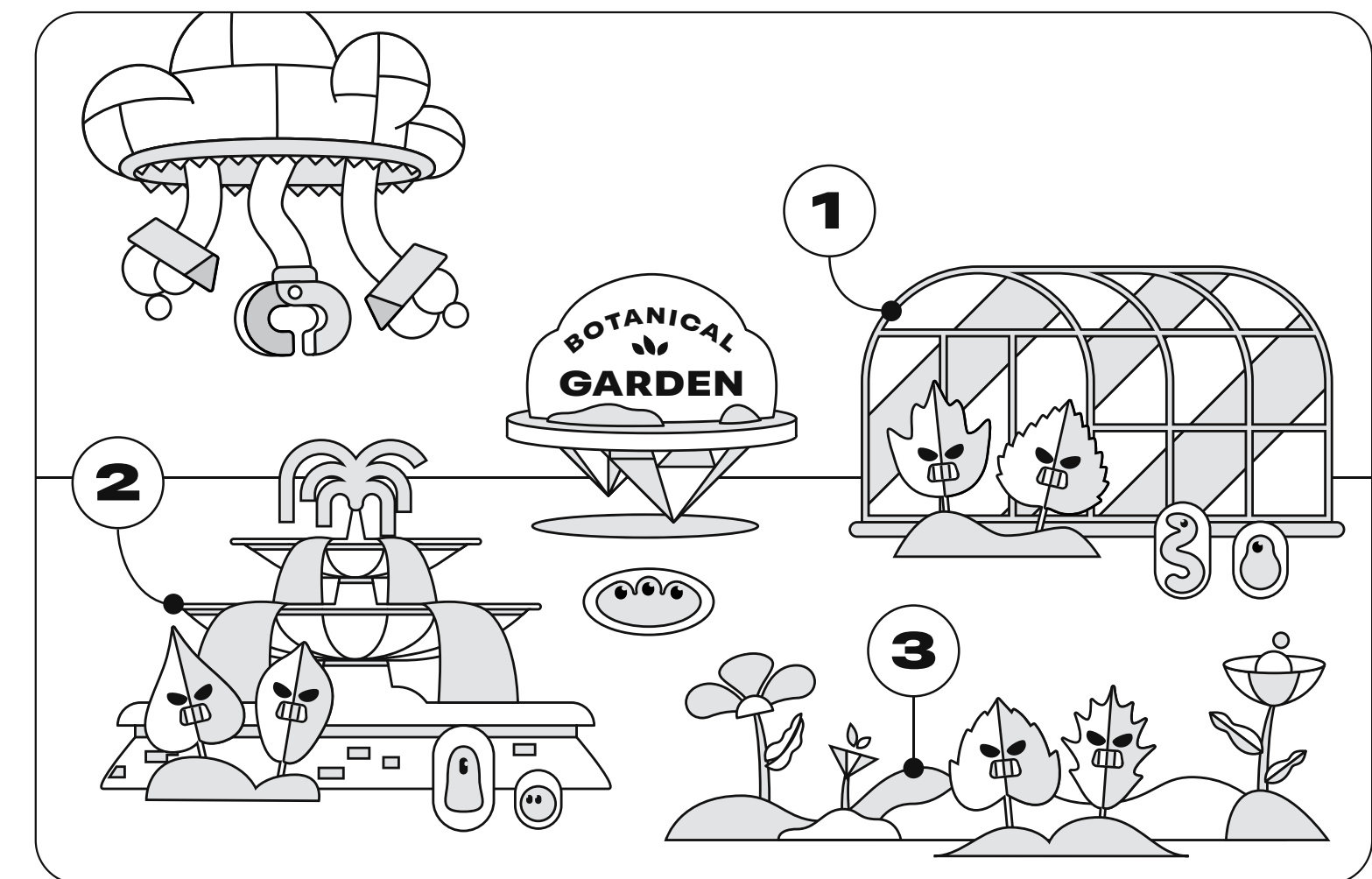
- **DON'T CREATE** or spread harmful or untrue messages online.
- **DON'T ENCOURAGE** bullying.
- **STAND UP** for the person who is being bullied.
- **SUPPORT** the person who is being bullied.
- **BLOCK** or report the bully.
- **TALK** to a parent or trusted adult.

Upstanding in the Garden

The Cloud 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.

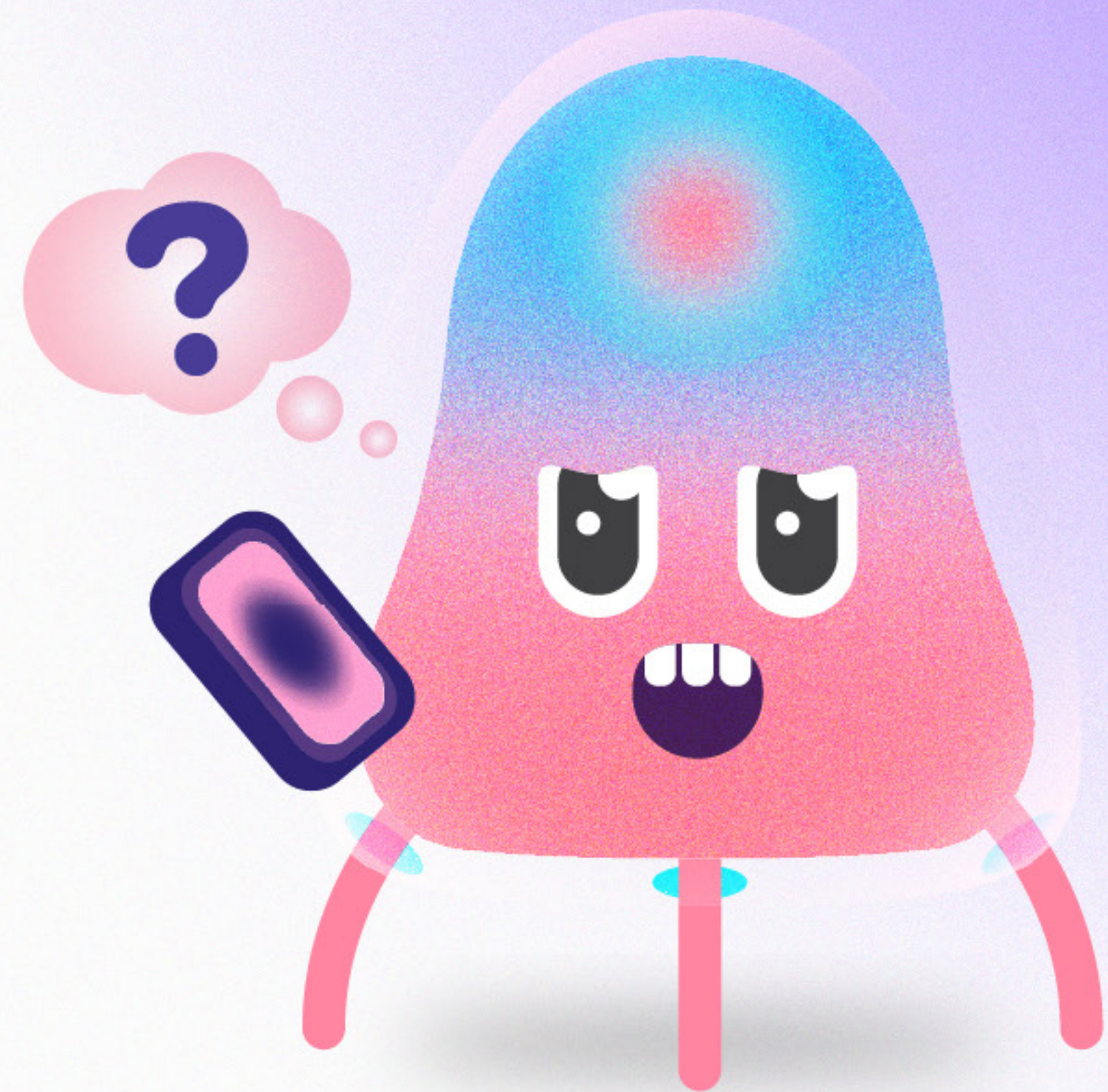
With your group, think about steps an upstander would take in each situation. Use the options below or write your own responses.

- **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 Actions

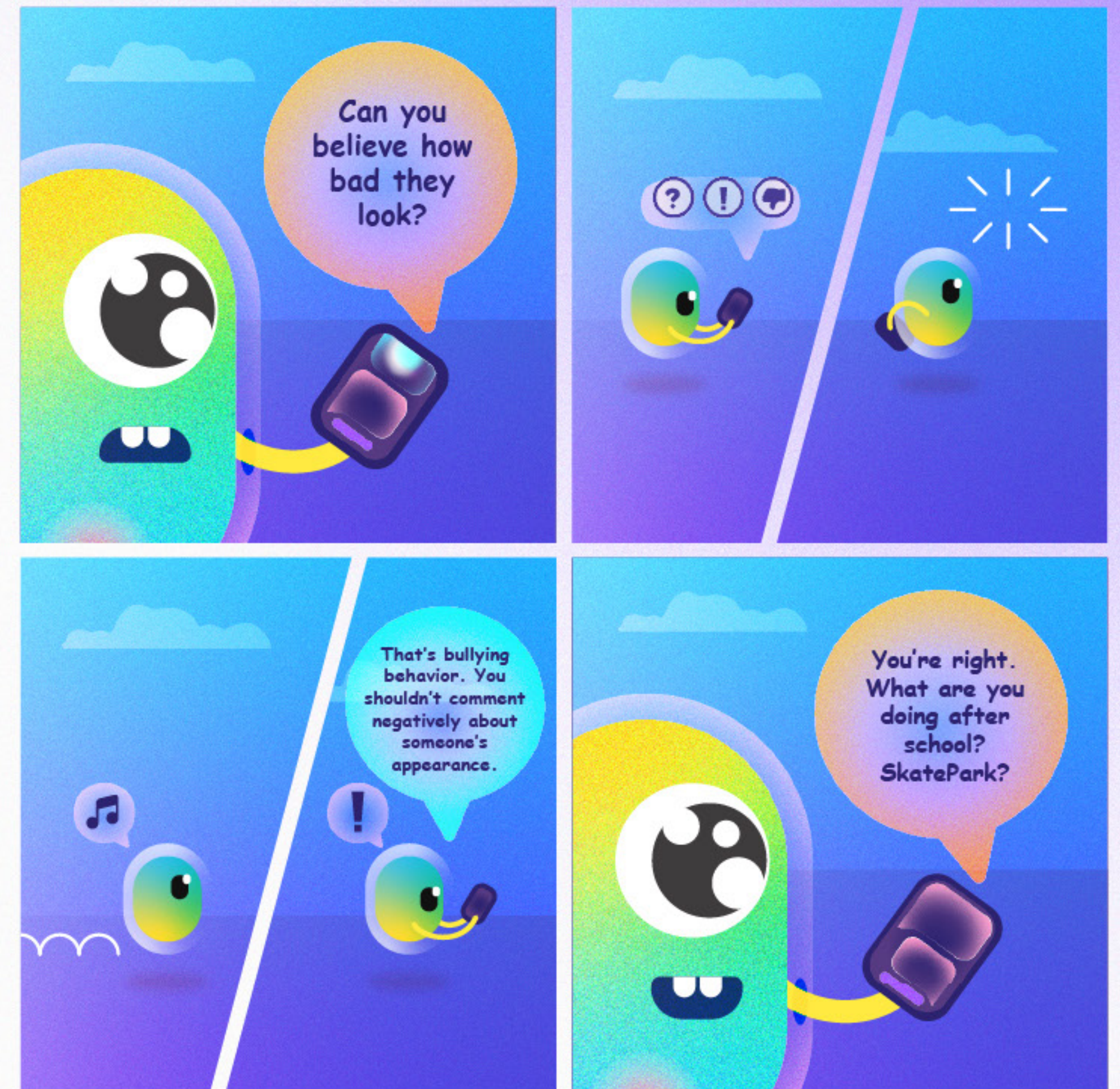
- 1** Would you feel safe responding to any of these scenarios?
- 2** Describe a time when you had to confront a friend or someone you know as an upstander.
- 3** What other interventions could work besides the one you wrote?



The Journey of an Upstander

Create a Digital Citizenship Comic Strip

- 1 Portray a cyberbullying scenario you were introduced to in the Youville Botanical Garden
- 2 Show how the main character, who will be a role model upstander, reacts and handles the negative situation



Good Job!

Looks like the Youbies were able to stop The Claud from sending negative messages out to Youville.

The Claud has moved on to another part of Youville.

