



Stetson Upstander Committee

The Stetson Upstander Committee strives to facilitate a community of compassion and kindness in which students and staff demonstrate social responsibility by thoughtfully and assertively addressing rude, mean, or bullying behaviors.

The Stetson Upstander initiative began in the 2017-18 school year. As a school community we felt it was important to educate students about pro-social steps they could take to support a student who may be experiencing bullying. The Stetson staff embraced being an Upstander by creating activities that would take place in every classroom. Some examples of these pro-social skill development activities include The Starfish, Making a Difference, Coping with Stress, Understanding Peer Pressure, and Communicating Using "I" Messages.

10 Tips for How to be an Upstander

- **Know** what it looks like
- **Say** Something
- Keep Someone in the **loop**
- Build a **Community** of support for each other
- **Welcome** new students
- **Expand** your circle of friends
- **Respect** differences
- **Don't** spread rumors
- **Lead** by example
- Keep the **Positive** going

Helpful Links

[What is an Upstander and how to be one](#)

[Bully Bust -10 Ways to be an Upstander](#)