

**INFORMATION SHEET**

**What is an UPSTANDER?\***

Being an ‘upstander’ is taking an active role in stopping bullying or assisting victims to exit bullying situations. CASSE's approach recognises that the bystander is a part of the problem affecting the climate of a school and aims to reduce bullying by encouraging bystanders to become ‘upstanders'. The message is not to punish the bystander, but to motivate and recognize when a student or staff member steps in and stops bullying at any level.

**Characteristics of an ‘UPSTANDER'** (someone who stands up to bullies):

* Shows self control
* doesn't swear
* tells others how they feel and explains their thoughts
* is respectful
* says something positive to his/her friends and to others every day
* never puts others down
* is truthful
* is polite
* doesn't interrupt others, instead listens to them
* is courageous
* keeps their voice soft and is gentle
* is loyal
* is friendly, smiles and greets others politely
* has good manners and is honourable

*\*These notes have been used with the generous permission of Professor Stuart Twemlow and Dr Frank Sacco. Professor Twemlow and Dr Sacco have been visionaries and leaders in working to find solutions to bullying in all areas of society.*

This resource and further information about Creating A Safe Supportive Environment is available to download at [**www.casse.org.au/resources**](http://www.casse.org.au/resources).

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