

Dear Parents,

Today's ABC lesson made us think about the power we have to support and include every student at our school. As **UPstanders**, we give every kid at our school encouragement to belong and to feel safe.

Here are some ways we all can be an **UPstander**:

- Refuse to join in with bully behaviors.
- Use Positive Peer Influence to help friends do the "right thing." (Asset # 15)
- *Say or do* something when someone needs help. (Just standing by someone will make him/her feel better!)
- Help all kids join the fun. Invite someone new to play!
- Everyone belongs at our school.
- Help friends find positive things to *do and say*!
- Laughing and joking with friends is fun. (But, laughing at a friend can hurt.)
- Help kids "save face" when they are in a tough spot.
- **Always** get an adult if there is violence or a weapon!

**UPstander Pledge:**

I am an *UPstander*.  
I have the power to influence my peers.  
I *SAY* something or *DO* something  
when you need help.  
I am "there" for you.  
I will help you get the help you need.  
You are not alone.  
I have your back.



## **I am an UPstander!**

This is ME!

---

(Name)

**I am an UPstander!**

**I am an UPstander!**

**This is what I can SAY:**

---

---

---

---

**This is what I can DO:**

---

---

---

---