



# UPSTANDER

## ONE-LINERS FOR STUDENTS

*57% of bullying incidents stop within 10 seconds when an upstander intervenes.*



**When someone's bullying or dropping slurs:**

- 1 "Not funny."
- 2 "We don't say that here."
- 3 "Cut it out."
- 4 "Nah, that's weak."
- 5 "Bro, that's off."
- 6 "Come on, that's old."
- 7 "We're not doing that."
- 8 "That's low, stop."
- 9 "Yo, chill."
- 10 "Knock it off."



**When you're backing up the person targeted:**

- 1 "I got you."
- 2 "Ignore them, you're good."
- 3 "That's not on you."
- 4 "Roll with me."
- 5 "Don't listen, you matter."
- 6 "You deserve better."
- 7 "You good?"
- 8 "Let's bounce."
- 9 "Don't sweat them."
- 10 "You're not alone."



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**Your VOICE  
has the POWER  
to inspire, uplift,  
and create  
positive change.**





**THE SKY IS**

**TOO WIDE**



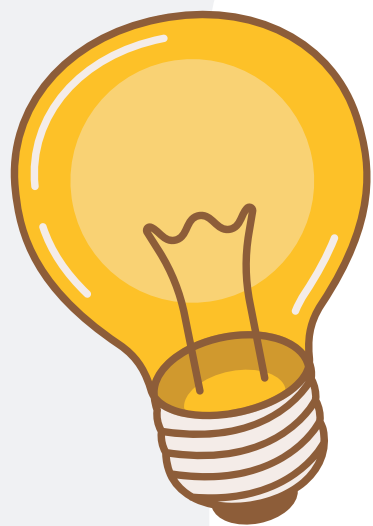
**FOR TWO EAGLES TO**

**COLLIDE!**

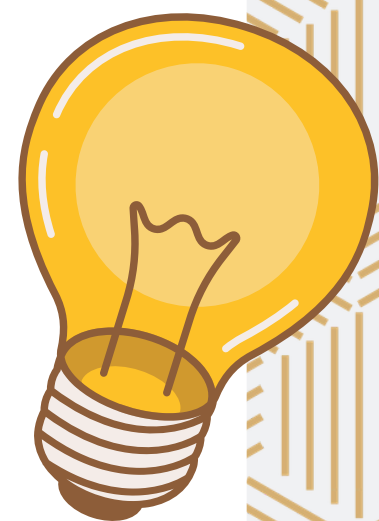
**You don't need to tear someone  
down to rise—there's room for  
everyone to soar.**



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**YOU DON'T HAVE  
TO DIM SOMEONE  
ELSE'S LIGHT TO  
SHINE.**



**BE KIND. BE RESPECTFUL.**







**FAILURE**

**IS ONLY AN**

**EVENT**

**IT'S NEVER, EVER  
A PERSON.**



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**HURT PEOPLE  
HURT PEOPLE.**



**HEALED PEOPLE  
HEAL PEOPLE.**



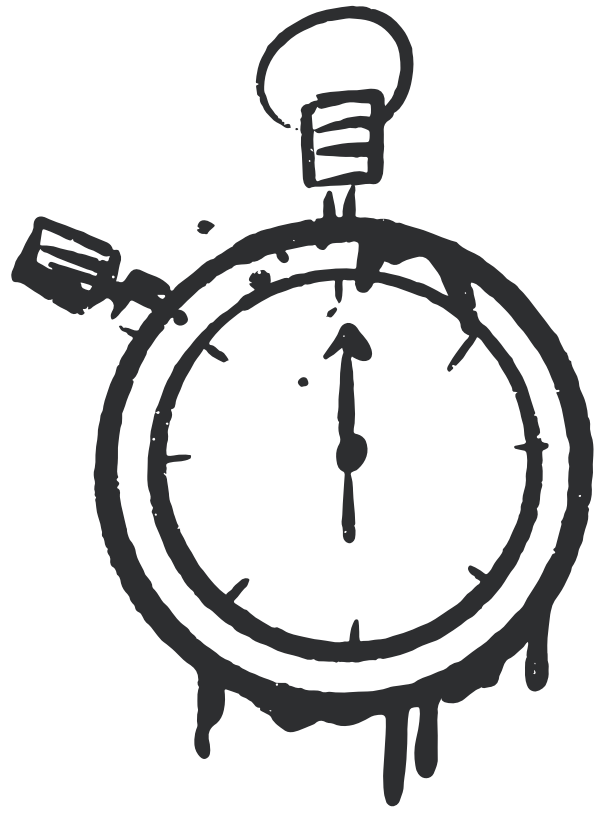




**SHOW ME YOUR  
TIMELINE  
AND I'LL SHOW YOU  
YOUR FUTURE**

Who you follow on  
social media matters;  
choose wisely.





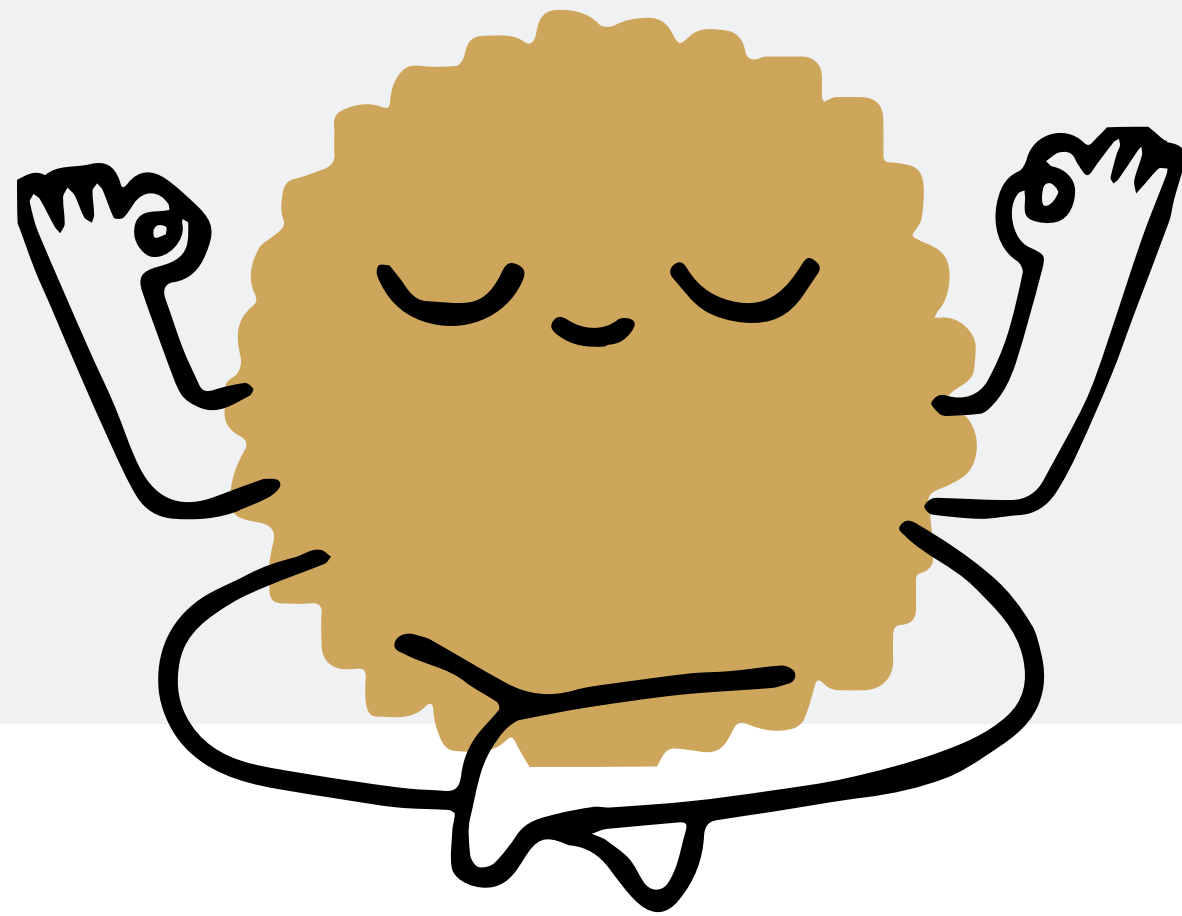
**ONE BAD MOMENT OR  
MISTAKE DOES NOT  
HAVE TO BECOME  
A BAD HOUR, DAY,  
WEEK, TERM, YEAR,  
OR EVEN A BAD LIFE.**

**Forgive yourself.  
Be kind to yourself.**



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**BE KIND,**  
**because everyone**  
**you meet is fighting**  
**a battle you know**  
**nothing about.**



**57% of school  
bullying incidents**

**stop within 10  
seconds when an**

**UPSTANDER  
intervenes.**

*Be that person!*







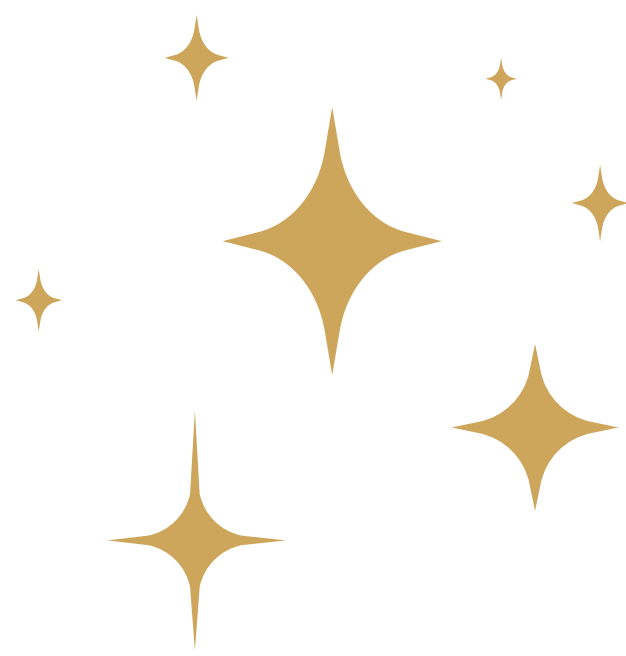
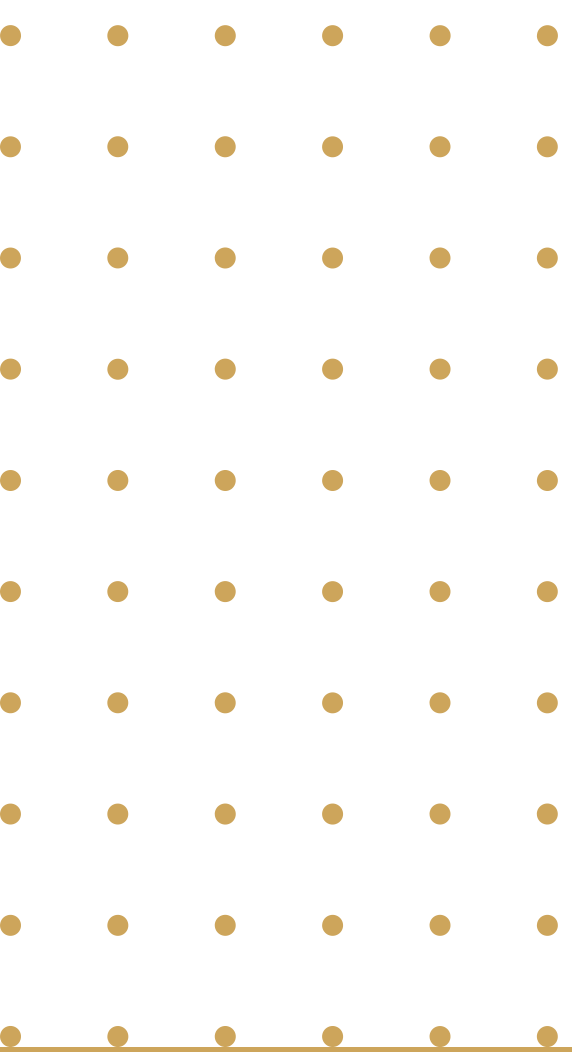
**WORDS**  
**KILL MORE PEOPLE**  
**THAN BULLETS DO.**

**CHOOSE WISELY.**

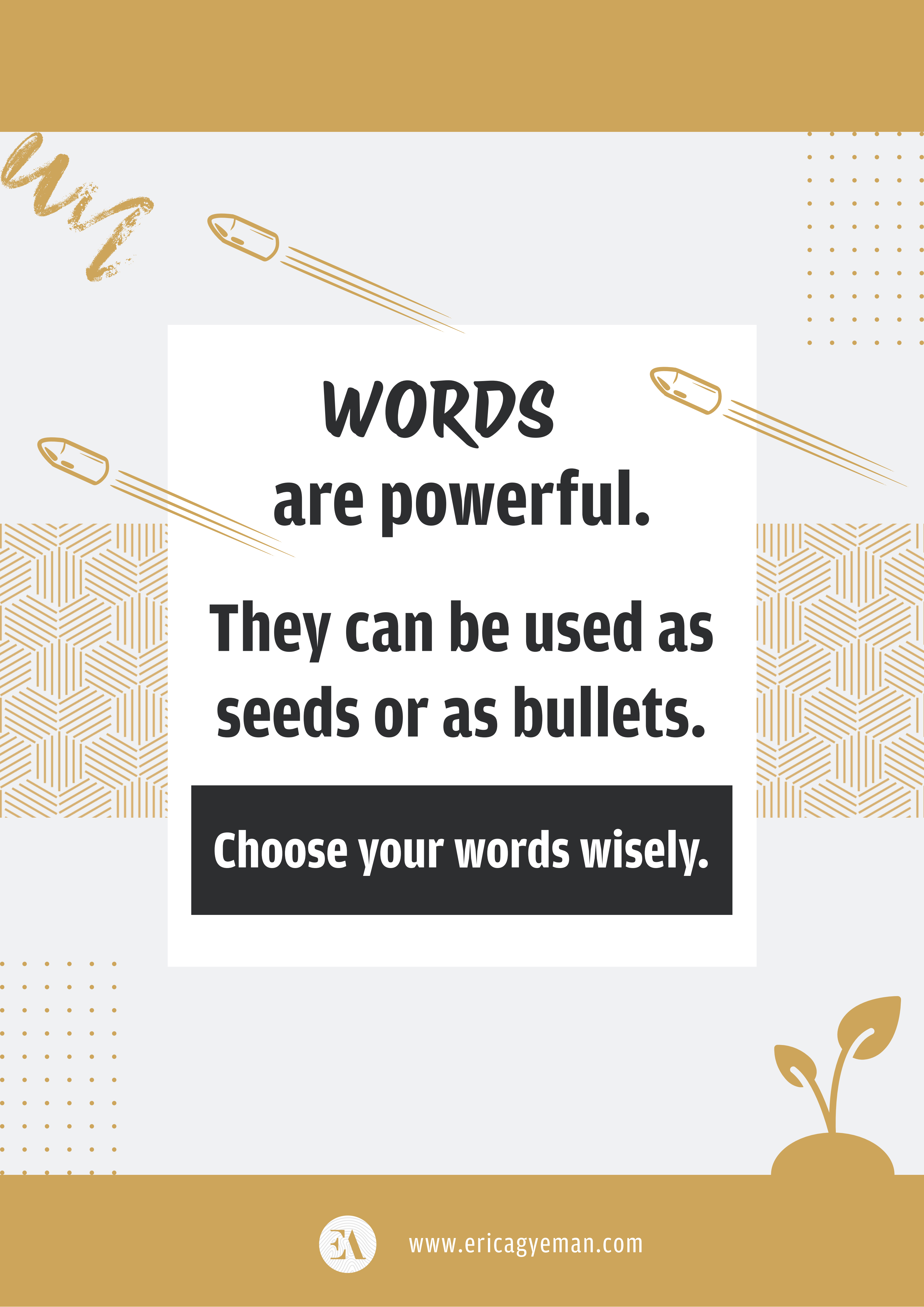




**Every young person  
deserves to know  
*they have a*  
**bright future.****







**WORDS**  
**are powerful.**

**They can be used as  
seeds or as bullets.**

**Choose your words wisely.**





*Be the reason*  
**someone**  
**smiles today.**

**It costs nothing**  
**and could mean**  
*everything.*





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**FAILURE IS A**  
**DETOUR,**

**NOT A DEAD-  
END ROAD.**

*un*



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# **STAND UP**

## **AGAINST BULLYING.**

**You have the power**  
**to be someone's hero.**





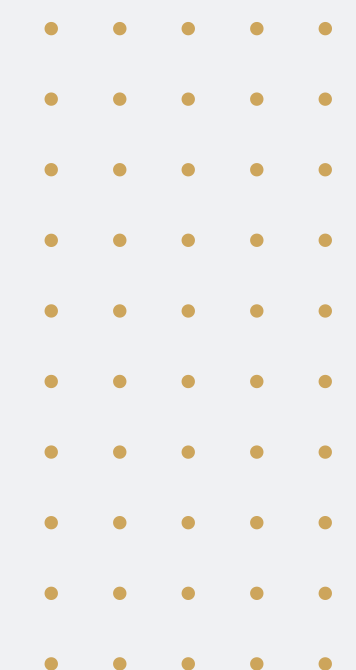
**The *only time* you  
should look down  
on someone is  
when you're  
*helping them up.***





**KINDNESS**  
*is not a weakness.*

**It's a strength that can  
change the world!**



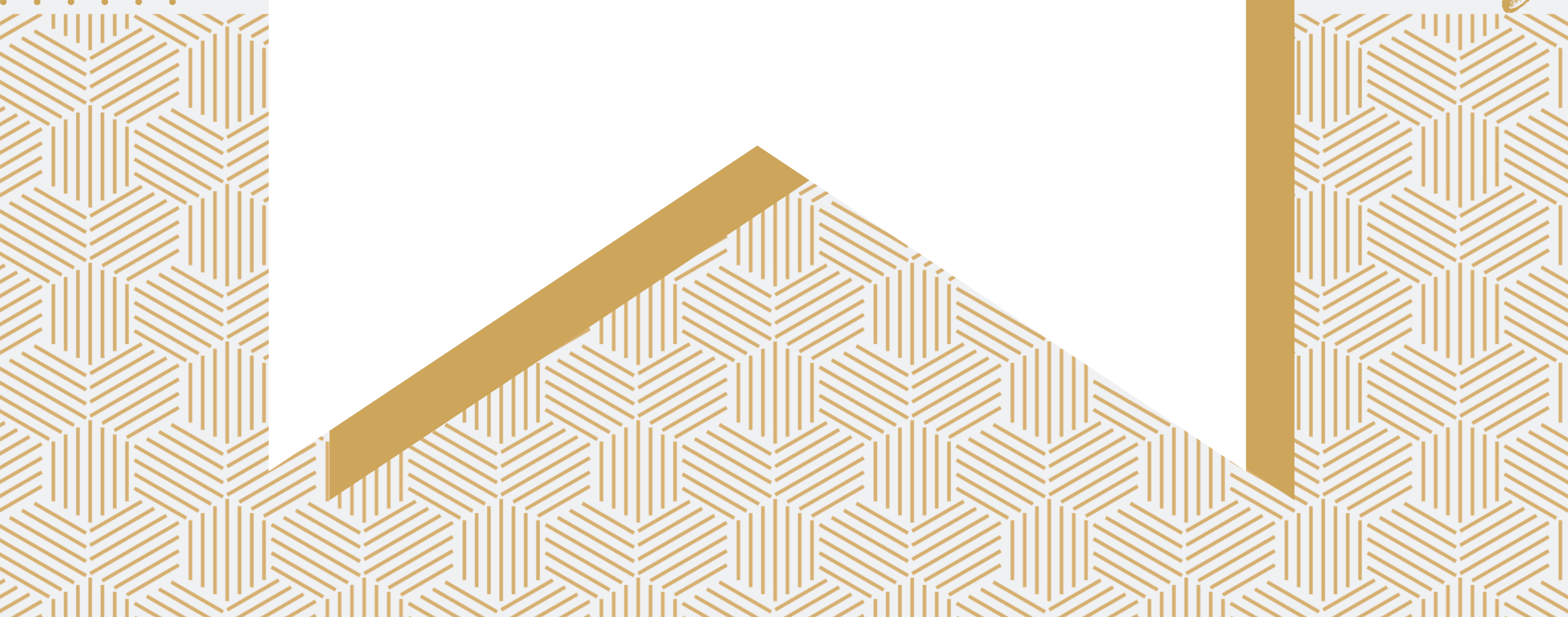


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**STAND UP**  
**FOR WHAT IS RIGHT,**  
**EVEN IF YOU ARE**  
**STANDING ALONE.**

*un*



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**BE A VOICE**

**NOT AN  
ECHO**

**Stand up for what you  
believe in.**

