

Day 1: 10 Ways to be an Upstander

Be an Upstander, not a bystander. Use these intervention strategies to help others:

- 1. Direct:** Confront the situation with clear communication and action.
- 2. Distract:** Indirectly disrupt the situation by shifting attention.
- 3. Delegate:** Ask someone else in a better position to help.
- 4. Delay:** If you can't help in the moment, follow up immediately after.
- 5. Document:** Take note of what is taking place to share later.
- 6. Speak:** Speak up for what is right even when it's unpopular.
- 7. Support:** Offer reassurance and connect them to resources.
- 8. Stand:** Stand up to your peers and hold them accountable.
- 9. Stay:** Monitor those you feel may be at risk, don't leave them alone.
- 10. Seek:** Never hesitate to call for professional help whenever necessary.



Upstander Week