

Day 3: 10 Times

We Needed an Upstander

10 issues we as Upstanders can help address (& 10 of our partners ready to support you):

1. Mental Health ([movember.com](https://www.movember.com)): your friend has been really depressed and shares with you that they've had thoughts of ending their life. #BeThereForThem
2. Intimate Partner Violence ([joinonelove.org](https://www.joinonelove.org)): you hear your roommate getting verbally and possibly physically abused by their partner in the next room over. #ThatsNotLove
3. Unhealthy Relationships ([collegemoxie.org](https://www.collegemoxie.org)): your classmate tells you they can't be in your study group because their partner doesn't allow them to have friends of the opposite sex. #RaiseTheBar
4. Sexual Harassment ([ulzi.com](https://www.ulzi.com)): you see a stranger repeatedly make unwanted sexual advances toward someone - despite many verbal rejections, the stranger persists and appears to be following them as they walk away. #SocialSafetyNet
5. Sexual Violence ([NOMORE.org](https://www.nomore.org)): your teammate tells you they're going to take a visibly intoxicated person upstairs to have sex, and they tell you to make sure no one interrupts. #NOMORE
6. Alcohol Misuse ([collegeisradd.org](https://www.collegeisradd.org)): you watch someone getting into the driver side of a car after seeing them drink all night at the bar you were just at. #PlanAhead
7. Drug Misuse ([hecaod.osu.edu](https://www.hecaod.osu.edu)): you observe a friend misusing their prescription medication by mixing it with alcohol and other drugs at parties. #HealthierCampusLife
8. Hazing ([novaktalks.com](https://www.novaktalks.com)): your club is discussing their annual retreat where you take the newest members out to the woods, get them drunk, and leave them to find their way home. #DotheRightThing
9. Hate and Bias ([ADL.org](https://www.adl.org)): your peer group regularly uses racist, anti-semitic, homophobic, xenophobic, sexist, and transphobic language in conversation. #NoPlaceForHate
10. Alcohol Overdose ([gordie.org](https://www.gordie.org)): you find someone passed out on a couch at a party with a trashcan of puke next to them, their breathing is shallow and their skin is blue. #PledgetoCheck

#BeTheLifeline

 WITH US

Upstander Week