

Day 6: 10 Years Ago

Carson's Story & Others Like it

10 years ago, Carson's peers could've saved his life. His death was preventable. As were many before it, and many since.

Here are essential Upstander lessons from those we've lost:

1. **KNOW THE SIGNS.** (Gordie Bailey, 2004) #RememberGordie
If they're unresponsive to pinching or puking while passed out, it's time to get help.
2. **WATER CAN KILL YOU.** (Matthew Carrington, 2005) #AHAMovement
Forced mass consumption of water/other liquids can absolutely be deadly.
3. **DO THE 'MOM TEST'.** (Harrison Kowiak, 2008) #StopHazingForHarrison
Is the activity you will be part of one that your mom would approve of?
4. **FOLLOW THROUGH.** (Carson Starkey, 2008) #WithCarson
Once you've decided to help, don't let fear of trouble stop. Follow through.
5. **DON'T FOLLOW THE CROWD.** (Nolan Burch, 2014) #LongLiveNolan
Be the leader your peers need. Don't assume someone else will help.
6. **DON'T STALL JUST CALL.** (Christian Ciammetti, 2015) #DontStallJustCall
Waste no time to call for help. Be your brother/sisters keeper.
7. **EVERY SECOND COUNTS.** (Tim Piazza, 2017) #LiveLikeTim
Never hesitate - every moment can be the difference between life or death.
8. **'JANSPORTING' DOES NOT HELP.** (McCrae Williams, 2017) #HaveYourFriendsBack
Fitting a backpack to someone at risk of vomiting isn't a substitute for help.
9. **TRUST YOUR GUT.** (Max Gruver, 9 2017) #FlyHighMax
Even when it's hard and unpopular. Take action when a situation doesn't feel right.
10. **BE AN UPSTANDER.** #HelpOneAnother
Be there for others. Embrace your responsibility to look out for those around you.

#BeTheLifeline

 WITH US

Upstander Week