

**Be Nice • Be Safe •  
Be an UPSTANDER**

*Georgetown Elementary School*

# What is a BYSTANDER?

A bystander is someone who watches rough play or watches kids using mean words.

By watching and not helping, a bystander supports the bully.

Be an **UPSTANDER.**

Not a bystander.

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**At Georgetown,  
you want you  
to BE...**

... a friend not an enemy.

.... someone who plays nice, **NOT**  
rough.

... a buddy not a bully.

... an **UPSTANDER** -- **NOT** a  
bystander.

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# What is an UPSTANDER?

It's someone who...

**Stands UP** for the person who is being treated badly or bullied. Does not do rough play.

## Speaks Up

- ❑ “Stop. We don’t treat people that way.”
- ❑ “Let’s get out of here”
- ❑ Report it. Find an adult.

## Teams UP

- ❑ Join the group.
- ❑ Yell Stop.
- ❑ Get help.

# What is ROUGH PLAY?

It starts off fun, but then gets rough.

It starts off fun, but then hurtful words are said.

It starts off fun, but then rules are broken.

*If rough play goes on for too long,  
people get hurt.*

If someone is  
being mean  
or rough to  
you...

**Stand UP** for yourself.

- Knock it off!
- Cut it out!
- Quit it!
- We don't do that here.

*If words do not work, **tell an adult!***

**When you tell  
an adult,  
they will ask...**

- 1. WHO did it.**
- 2. WHAT happened.**
- 3. WHERE it happened.**
- 4. WHY or HOW it got started.**
- 5. UPSTANDERS: Did anyone else try to help?**

# Your behavior on the bus matters.



- If you are in Gr 2, 3,4,5 model good behavior.
- Stand up for youngers.
- Your words matter.
- Your actions matter.

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Not a bystander.



**Stand UP**  
**Speak UP**  
**Team UP**

- ❑ Smack talk on the playground
- ❑ Mean talk on the bus
- ❑ Teasing in the lunchroom
- ❑ Eye rolls, smirks in the classroom
- ❑ Comments in the bathroom

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**Not a bystander.**

# We All Make Mistakes

## STEP ONE: OWN IT.

- ❑ When you are calm, work hard to say: “I lost control and....”

## STEP TWO: OWN IT ALL THE WAY

- ❑ “When I lost control, I hurt you.”

## STEP THREE: MAKE A PLAN

- ❑ A plan prevents this from happening again.

# Georgetown **UPSTANDER** PLEDGE

I will show Georgetown's BE NICE RULES everywhere. I will show this in the classroom, playground, lunchroom, hallway, bathroom, and the bus.

- I will look for those who are left out and ask them to join, during work time and play time.*
- When I see someone being teased or bullied or doing rough play, I will be an **UPSTANDER**. I will **Stand UP**, **Speak UP** and **Team UP**.*