



## From Bystander to Upstander

Use the following scenarios to role-play how to become an upstander in tricky situations. Act the scenes out once without any intervention. Then allow the class to discuss possible interventions they could take. Then have the same children role play the scene again while trying out one of the suggestions.

As you walk into class from the yard you notice Carly making a noise and others around her giggling as your friend Fiadh goes to sit down. The next day the same thing happens. You can see that Fiadh is embarrassed and hurt by the actions of Carly and the other girls but she doesn't say anything. As a bystander you are unsure how to make a difference.

My friend Vladimir is funny and great at football. Many people in the class love hanging around with him. But Vladimir does not like Liam. Whenever Liam tries to join our group Vladimir says that he can't sit with us or that he can't play with us in yard. I like Liam and when Vladimir is not in school the rest of us get along well with him. How can we include Liam without making Vladimir mad?

Every year we have a talent show in our school. One girl in my class named Chelsea is a great singer. I've heard her singing to herself in yard and she's really talented. But she hasn't signed up for the talent show yet. When I asked her about it she said that she's afraid other people will laugh at her if she tries to perform on stage. She's very shy and nervous. What can I do to help her to be brave?

Raveena is smart and kind but she is the shortest girl in our class. Zack always calls her 'shorty'. He thinks he's being funny but Raveena really doesn't like it. Zack plays with Raveena in yard and is in the same group of friends but he doesn't know he's hurting her. Should I talk to Zack or should I encourage Raveena to stand up for herself?

On my road most of our parents give us our allowance on Friday so we always meet to go to the shop. Jason gets some money but he always asks Reham can she buy him some crisps. Reham is so kind and always says yes. I don't think it's fair as Jason has his own money and is taking advantage of her kindness – he doesn't hang around with her much otherwise. What can I do to make the situation fairer for everyone?