

RUNNING AN OCULUS

UPSTANDER VIDEO SESSION



AIMS_

- To introduce the concept of being an Upstander to students.
- To encourage students to consider opportunities for them to act as an Upstander.

INTRODUCING THE CONCEPTS_

Begin the session by asking the students to define 'bullying behaviour'. Give opportunities for several people to define it, then give them the definition below.

Bullying Behaviour - 'Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.'

Next, ask the students if they can define the concept of being an 'Upstander' vs. a 'Bystander' in relation to bullying behaviour. Once some students have given their answers, you can give these definitions.

Bystander - 'A bystander is someone who sees or knows about bullying behaviour that is happening to someone else but takes no action to address or report it.'

Upstander - 'An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone experiencing bullying behaviour, they speak up and do their best to help, protect and support the person.'

INTRODUCING THE VIDEO EXPERIENCE _

Explain to the students that they are going to watch a video experience called 'Upstander' which is a 360° animated experience about bullying behaviour and how we, as Upstanders, can make a difference. Ask the students to reflect on the question: 'How can we be part of the solution and not be part of the problem?' whilst they watch.
[Play the video.](#)

After watching, lead a discussion with the group on their thoughts and feelings about the video experience and their ideas about how we can all act as Upstanders. Aim to end the discussion with several practical ideas for how the group will change their behaviour to act as Upstanders and tackle bullying behaviour in the future.

DISCUSSION PROMPTS _

- How did the video make you feel?
- How can we be part of the solution and not be part of the problem?
- What are the different ways we can act as Upstander inside and outside of school?
- How can we be an Upstander online?
- Can you think of any famous examples of Upstanders (for example, Nelson Mandela or Princess Diana?)
- If it's not safe to intervene in the moment during an incident of bullying behaviour, how else could you be an Upstander?

Check out our online resource centre for an Upstander presentation, lesson plan and pledge cards:
www.antibullyingpro.com/resources

We're proud to be the only charity set up in memory of Diana, Princess of Wales, and her belief that young people have the power to change the world. It's a big mission but there are two things within it that we focus our charity's efforts on – young people and change.

Throughout all of our programmes and initiatives, 'change' for and by young people is central, including our anti-bullying work which encourages change in attitudes and behaviours.

We hope you found this resource useful and wish you all the best in your anti-bullying journey. If you would like to help us create more resources and train even more Anti-Bullying Ambassadors, you can make a £5 donation by texting CHANGE 5 to 70470 or visit diana-award.org.uk/donate

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