

HOW TO EXPERIENCE 'UPSTANDER' FROM YOUR HOME

WHAT IS A 'VIRTUAL REALITY' EXPERIENCE?

A Virtual Reality experience is an experience that immerses a person in a digital 3D environment that allows them to look around from all angles. It is not limited to just a flat 2D screen, and this effect simulates a more immersive experience and has the potential to increase empathy.

WHAT EQUIPMENT WILL I NEED?

Oculus has released Upstander for free and is available on the Oculus TV. You can view it on the Oculus Quest headset [here](#).

WHY VIEW THE 'UPSTANDER' VIRTUAL REALITY EXPERIENCE?

- Explore the impact of bullying behaviour in a fun and safe environment
- Facilitate a family discussion about how to be an Upstander against bullying behaviour
- Discuss as a family how to seek support if you see or experience bullying behaviour
- Have fun as a family!

STEP BY STEP GUIDE

- 1. Introduce the video experience**
 - Set up the VR headset
 - Find the [video here](#). Introduce the video experience 'Upstander' which is a 360 animated experience about bullying behaviour and how we, as Upstanders, can make a difference
 - Take turns viewing the Oculus Upstander video experience
- 2. Take turns reading out the below definitions. These will help your family discussion.**
 - Bullying Behaviour - 'Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.'
 - 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.'
- 3. Discuss as a Family**
 - After watching, ask if the family can define the concept of being an 'Upstander' vs. a bystander in relation to bullying behaviour? Use the above definitions if you get stuck.
 - Start a discussion about your thoughts and feelings about the video experience and any ideas about how we can all act as Upstanders. Here are some discussion prompts to get you started:
 - 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?
 - What would you do if you experienced bullying behaviour in school? What about if you experienced bullying behaviour outside of school or online?
 - Which five people could you turn to if you witness or experience bullying behaviour (check out our Support Network Activity to make this a fun drawing activity)?
- 4. Wrap Up**
 - 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. Ensure everyone feels supported, knows how to safely intervene in a bullying situation and knows who they could speak to if they had any concerns about bullying behaviour.

For more resources, as well as information about how to support your child if they may be experiencing bullying behaviour, head to our Resource Centre at www.antibullyingpro.com/resources

The Diana Award Crisis Messenger

This service provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258. Trained volunteers will listen to how you're feeling and help you think about the next step towards feeling better.

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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