

# BEING THE

# UPSTANDER

**LESSON PLAN &  
POWERPOINT PRESENTATION\_**

YOUNG PEOPLE  
AGED 11+ (SECONDARY/ HIGH SCHOOL)



FROM THE DIANA AWARD

# INTRO

Start your assembly with confidence and enthusiasm! Introduce yourselves and explain why you are delivering the talk today and what it means for your students and your school.

## STAND UP IF\_

After introducing yourselves, tell the audience that you are going to put up some statements. They then have to stand up if this is true about them.

As you go through each one, allow opportunities for those who have stood up to speak about why they stood up; don't forget to ask them first if they are happy to speak.

## DEFINITION OF BULLYING AND VIP\_

Ask the audience if they know what bullying is. Give opportunities for up to 3 people to define it, then show and read out the definition.

It is important to remember that you are an Anti-Bullying Ambassador OFFLINE and ONLINE

# BYSTANDER VS. UPSTANDER\_

- **Ask the audience** what a bystander is and get 1 person to answer. Display definition on PowerPoint.
- **Then ask the audience** what an upstander is and get 1 person to answer. Display definition on PowerPoint.
- Then demonstrate Bystander effect – **need 12 volunteers.**
- Get 10 people to stand in a line facing the audience and then two people a little bit separated, also facing the front. Explain that this is a school setting and that 1 of the 2 separated volunteers is bullying the other one and these 10 students lined up have all seen it happen.
- **Point to two of the 10 lined up** – you two have seen this bullying behaviour but you were told if you're late for class **ONE** more time – you're in after-school detention, so you can't deal with it, so you sit down where you are.
- **Point to the next two** – you two have seen this happen but you're worried that if you say anything, you're next and it'll happen to you so you don't want to get involved and you sit down where you are
- **The next two** – you know the person exhibiting bullying behaviour, you're kinda friends so you're not going to say anything, so you sit down.
- **Next two** – You've seen it but this kinda thing happens all the time, it's no big deal... you sit down.
- **Final two** – you've seen it happen, but you've also seen 8 other people also see it happen. Surely one of those people will do something, so you don't have to, so you sit down.
- **What's just happened?** 10 people all witnessed bullying and for their own individual reason – none of them have done anything. Do you think this is realistic in school?
- **This is the Bystander effect...** We here today, we all have the choice to stand by, or to be the change we want to see in the world and be the Upstander that we would want for ourselves.

# FAMOUS UPSTANDERS\_

Begin by saying that anyone and everyone should be an upstander. Review the 6 examples of famous people who made real change by being the upstander for many.

# 10 WAYS TO BE AN UPSTANDER\_

Tell the audience that you are now going to give them 10 ways on how they can be an upstander themselves and everyone can do these things:

1. Help others who are being bullied.  
If anyone needs support, offer it to them.
2. Stop harmful messages from spreading.  
This can be online and offline.
3. Get friends involved in support. Inspire your friendship group to take positive social action.
4. Be friendly to someone you know. A kind act or acknowledgement of someone else can be hugely supportive to someone else. Being kind to others inspires others to do the same.
5. Know what your anti-bullying policy says and talk about it. Seek out your anti-bullying policy and really understand what it means; share this with your peers.
6. Support and welcome new students.  
It can be scary and intimidating starting a new school, so go out of your way to be welcoming – you can even make a new friend or two!
7. Get your staff involved in anti-bullying. We all have a role to play, so make sure your teachers are involved in any anti-bullying work going on in your school!
8. Learn to spot the signs of bullying. Ask your Anti-Bullying Ambassadors to tell you all about the signs of someone being bullied – they have the knowledge you seek!
9. Accept and promote difference. We are all different and unique and that makes us amazing! Ask people to talk about who they are and what they enjoy; celebrate all that makes us different.
10. Refuse to be a Bystander. Be that Upstander, be the change you want to see in the world and be the person you would want if you were being bullied.

## HOW TO SUPPORT A PEER\_

### ASK

You can talk to me, but I can't promise to keep a secret as if you or someone else is at risk of harm, then I have to tell a responsible adult in school.

Then we have 3 important ways to help someone:

- Thank them for confiding in you.
- In your own time, tell me what's been going on.
- Allow others to come up with their own solutions.

## MAKING YOUR PLEDGE\_

Each audience member should have a pledge card and pen under their seat. Follow the instructions on screen for everyone to make their pledges.

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.

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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.

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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](https://diana-award.org.uk/donate).

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