

# let's be UPSTANDERS

LET'S STAND UP FOR WHAT WE BELIEVE IN.

LET'S STAND UP FOR OUR SISTERS.

LET'S STAND UP FOR OUR FRIENDS.

WHAT CAN  
ONE PERSON  
DO?

PUT AN  
**IMMEDIATE**  
**STOP**  
TO HARMFUL  
BEHAVIOR!

HERE ARE **5 STEPS** TO FOLLOW TO  
BE AN UPSTANDER IN ANY SITUATION:

- 1 IDENTIFY THE PROBLEMATIC SITUATION.**  
How do you identify that a situation is a problem? Use your instincts. Trust your gut. Follow your values. You know what is right and wrong!
- 2 DISTRACT AND REDIRECT.**  
Snap the person out of the moment. Get the person out of the situation by simply walking away.
- 3 SPEAK THE BEHAVIOR.**  
Simply talk about what you see and what you heard.
- 4 RALLY THE SUPPORT OF OTHERS.**  
Get help from those around you. Sometimes all it takes is one person standing up and then others will follow your lead.
- 5 REMIND THE PERSON OF THE POTENTIAL OUTCOMES.**  
Don't hesitate to remind both parties in the situation of potential outcomes. Who might be hurt? What might happen today, tonight, or tomorrow?

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SIGMA**  
*empowered*