

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