

UPSTANDER POWER!

What you **SAY** and **DO** has a **BIG** impact on others!



BE A PART OF THE SOLUTION TO HELP
STOP
HARASSMENT & BULLYING!



Refuse
to
help
the
harasser!



WHO CAN HELP? A teacher, parent, coach, counselor, principal, or ANY trusted adult!

1458 Fowler Street
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How to be an Active Bystander

or



Methods of Intervention:

- 1. Distract** – The bystander uses the resources around them to create a diversion. The diversion will disrupt the problem, even just for a few seconds.
- 2. Tell it like it is** – Intervening in a way that is honest and upfront. Labeling the action as bullying and directing it to stop. Use this when you know the people involved in the bullying, and are confident that it will not make the situation worse.
- 3. Tell a trusted adult** -- such as a teacher counselor, or parent. Use this if you don't feel safe enough to get involved.
- 4. Support the target** -- Talk to the target later in private. Say something supportive or ask them how you can help them.

Warning Signs of Suicide:

- Isolation from family and friends
- Increased use of alcohol and/or drugs
- Expressing a negative attitude toward him- or herself
- Change in normal behavior
- Loss of interest in regular activities
- Giving away possessions
- Expressing a lack of interest in the future (it won't matter soon)
- Depression, & anxiety
- Change in sleep patterns
- Expressing suicidal thoughts
- Talking about a suicide plan and/or seeking access to means to attempt suicide



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Helping a friend

By starting the conversation, providing support, and directing help to those who need it.

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

By offering immediate counseling to everyone that may need it, local crisis centers provide invaluable support at critical times and connect individuals to local services.

