

How can I be an upstander?



IF YOU SAW THESE PEOPLE IN REAL
LIFE, HOW WOULD YOU RESPOND?

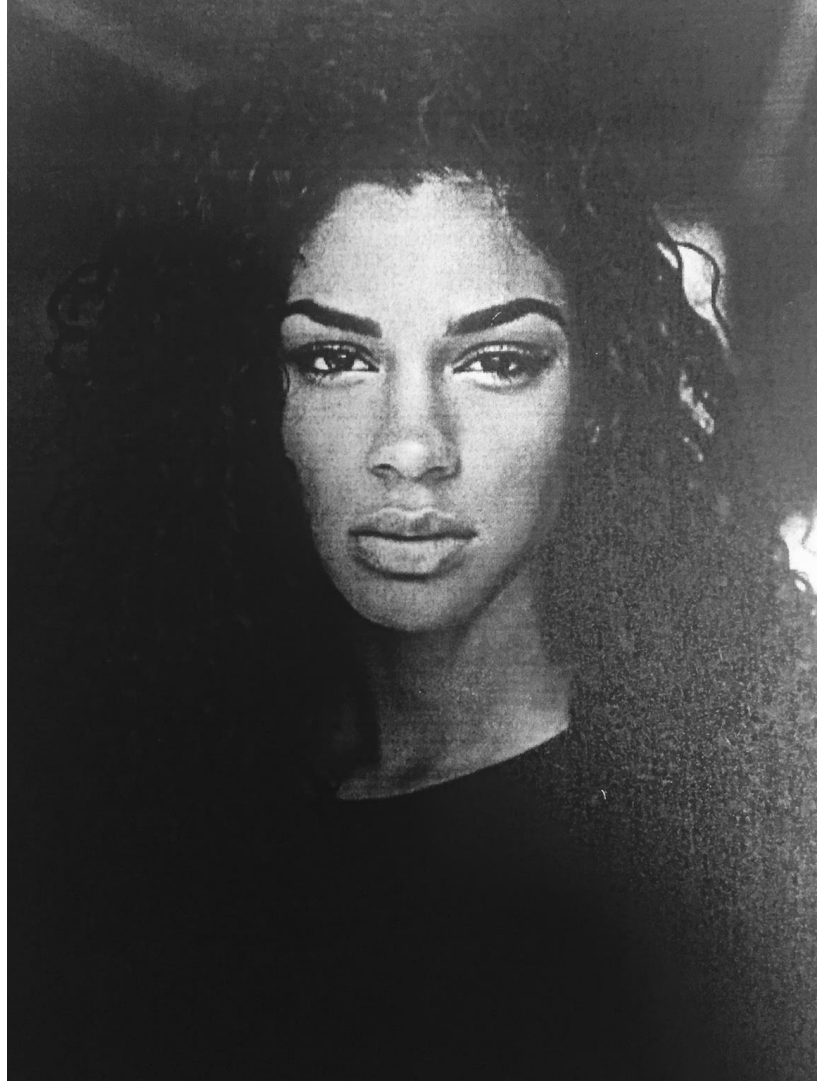
MEET NATASHA

I feel depressed because I get bullied in school because of the color of my eyes.

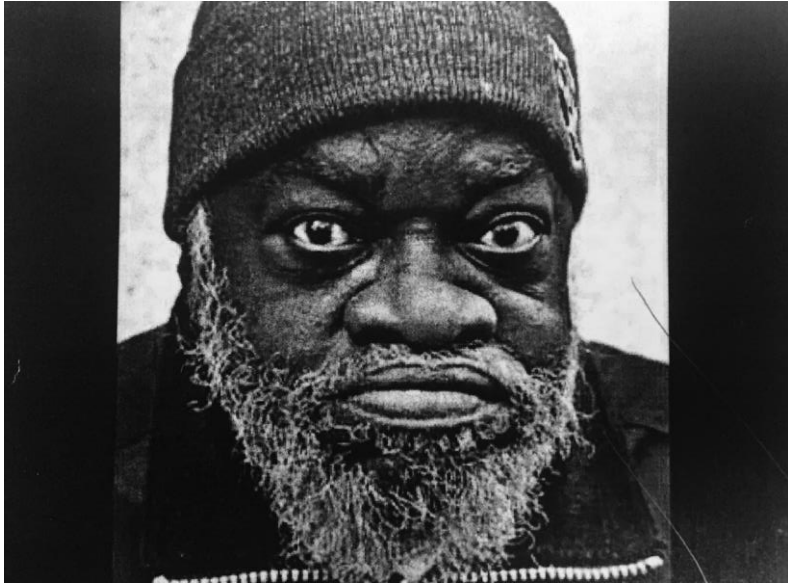
I'm 18 and about to graduate from high school.

My best friend Ali, says I'm unique and beautiful and that I could be a model.

I've decided to make that my goal and not focus on the haters.



MEET BOB JENKINS



I feel sad and angry because I used to have a home, a family and a good job, but then I made some wrong decisions and lost it all.

Now I'm homeless, hungry and often feel like hurting people for no reason.

Have you ever walked by a Wendy's and smelled the food, but not been able to afford to eat?

I beg for help and money, but I feel like I'm invisible.

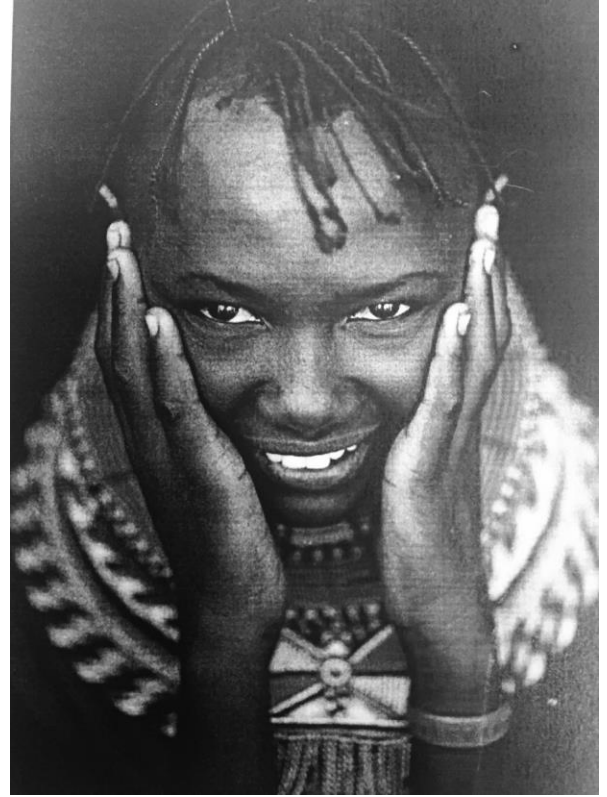
I feel delighted because I just passed my last test with flying colors.

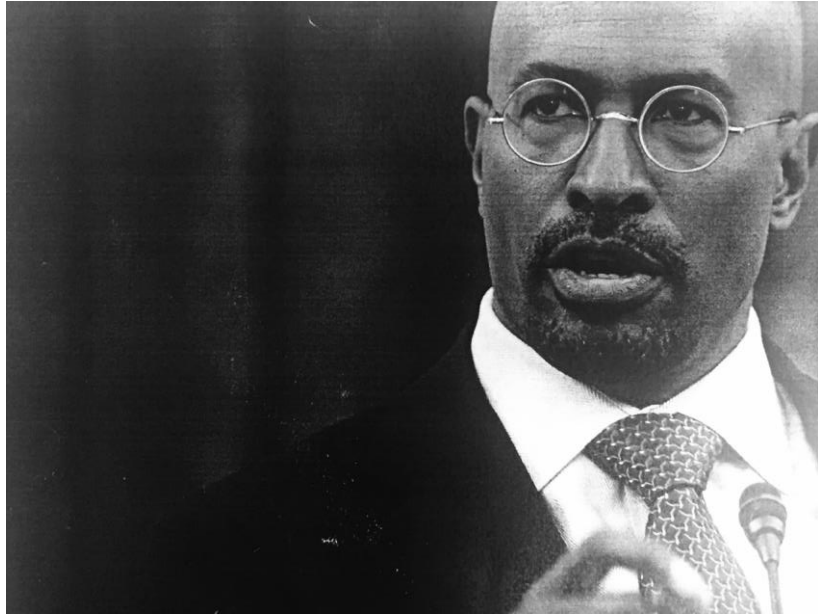
Because of my hard work I have been accepted into Harvard.

My Dad says he is going to buy me a car for graduation.

I'm confident in my abilities in school, but nervous to leave my home and go to another country.

MEET KATY





I'm happy because my dream of being a famous author has come true.

I began writing when I was 7.

I failed many times, but never gave up.

I'm confident in the speech I'm about to give because I want to inspire others to follow their dreams and create a successful life like I did.

MEET JAMES

MEET KYRIE



I feel isolated because no one talks to me or wants to be my friend.

My Mom is angry with me for making a bad grade on a test, but I tried my best.

Mom says she may send me to school up state, but Brooklyn is my home.

I can't wait to graduate so I can go off on my own, travel the world, meet people from other cultures and lifestyles and find a place where I belong.

MEET JOHN

I study technology at Brooklyn College and love cheeseburgers.

I feel excited because I just got a new job managing a Footlocker.

I'm happy because my hard work paid off.

Now I can get an apartment on my own and move out of my Mom's.



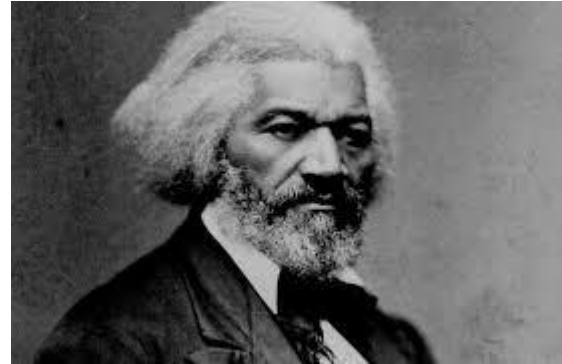
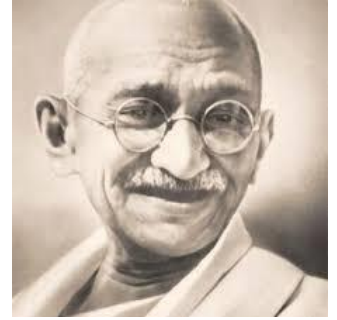
upstander (uhp'stān'dər), n. a person who takes action, particularly when the easiest or most acceptable course is to do nothing.



CAN YOU THINK OF A TIME
WHEN YOU NEEDED AN
UPSTANDER TO HELP YOU?



UPSTANDERS



"As one person I cannot change the world, but I can change the world of one person."
~ Paul Shane Spear

If you are neutral in situations of injustice, you have chosen the side of the oppressor.
Desmond Tutu

WHENEVER ONE PERSON STANDS UP AND SAYS, "WAIT A MINUTE, THIS IS WRONG," IT HELPS OTHER PEOPLE TO DO THE SAME.
GLORIA STEINEM

Strong people stand up FOR THEMSELVES. But the **STRONGEST** People **STAND UP** FOR OTHERS.
By Andrew Weil

"If not you, then who?
If not now, then when?"

demean intimidate mislead distasteful reck
 graceless torment harsh pain graceless scorn
 How do you
 nation venomous detest reject curse resent
 want to be
 awful unscrupulous
 ent
 remember?
 violence bet
 Sneaky
 relentless