



Play Date

Hosting an **Awesome Upstander!** play date is easy.

- 1 Invite a small group of kids to get together and play the game,** or make it a fun activity for your family. You can access the game on our website at **www.awesomeupstander.com** or you can download the app onto smart phones or tablets.
- 2 Have fun with it.** Include refreshments. Create a theme. The more excited the kids are, the more they will learn.
- 3 Briefly explain to the kids that the game teaches them how to stand up to bullies in a safe way** and what to do when they see another kid being bullied. Awesome Upstander! is about teaching kids NOT to be bystanders, but instead to STAND UP when they see bullying happen. After all, friends don't let friends get bullied.
- 4 Let the kids play the game** (but be sure you play it first!). Watch what happens. Help them as needed. Ask them what they think and get them talking about what they are learning.
- 5 After 15-20 minutes, stop the kids and engage in a short discussion to get feedback.** You can use the questions and answers provided below to guide this discussion. Additional helpful info and handouts are available at awesomeupstander.com.
- 6 Don't forget party favors or giveaways.** We've included a poster here that makes a really cool print out for guests to take with them, reminding them what it means to be an Upstander. Creating a song or chant about being an Upstander is another fun closing activity. The kids will love it, and they'll walk away with a mantra that helps the lesson stick.

AWESOME UPSTANDER!

Discussion Questions (and Suggested Answers)

What did you like about the game?

Let kids share their experience. Listen closely so you can use what they liked about the game to explain what it means to be an Upstander.

Where did the Upstander have to stand to complete a level? Why?

Between the bully and the person being bullied. By separating the bully from his target, the group of Upstanders clearly let the bully know he/she needed to stop what he/she was doing.

How does an Upstander act? (appearance, body language)

They move quickly. They are confident. They do the right thing.

What did the awesome Upstander do to help?

The Upstander had to gather friends to help stand up to the bully. One kid can make a difference, but a group can really make the bully back down.

Could an Upstander make a bullying situation worse?

If the bully intimidates you or if you feel like it's not safe to confront the bully, don't do it. You could actually make things worse. In a situation like that, the right thing for an Upstander to do is to run and get a teacher or trusted adult.

What were things the Upstander needed in the game?

Spaghetti to say Pasta La Vista (bye bye) to bullying. Air freshener because bullying stinks. A pack of gum because bullying gives you a bad taste in your mouth.

What are some things that could make dealing with a bully more difficult?

A few examples: *If the bully is a friend, if the bully is big and scary, if the bully is really popular.*

What could you do if there is not an awesome Upstander around?

You could BE an awesome Upstander yourself! Get your friends to join you. Or find a teacher who can step in and help.

AWESOME UPSTANDER!

www.awesomeupstander.com

Being an Upstander Means

You believe that being cool is never an excuse for being cruel.

You do the right thing, even when it's the unpopular thing.

When you see something, you say something.

Where there's wrong, you make it right.

You know that stopping bullying is a team sport.

