



## How to be An Upstander at Strand Lifesaving Club

Every single day we each have the opportunity to make our Club (and our world!) a better place. Putting an end to bullying is everyone's responsibility. When we work together and stand firm against bullying, we are creating stronger, safer and more supportive communities- places where everyone is valued for who they are. Here's how **YOU** can help:

1. Learn more about mean, cruel and bullying behaviour. Educate yourself and your community with online resources like BullyBust.org. For example: Why do people bully? Where does bullying take place most often? What are the effects of bullying? How can we prevent it? Understanding this information will help you if you are bullied and will help you to stand up to bullies if a friend or club member is being bullied.
2. Help others who are being bullied. Be a friend, even if this person is not yet your friend. Go over to them. Let them know how you think they are feeling. Talk to them about what happened. Just think for a moment about how great this would be if someone did this for you when you were being picked on or hurt!
3. Stop untrue or harmful messages from spreading online or in person. If someone sends a message or tells you a rumour that you know is untrue, stand up and let the person know it is wrong. Think about how you would feel if someone spread a false rumour about you. Don't laugh, send the message to friends, or add to the story. Make it clear that you do not think that kind of behaviour is cool or funny.
4. Make friends outside of your circle. Surf, swim, eat lunch or go paddle with someone who is alone. Show support for a person who is upset by asking them what is wrong.
5. Be aware of your Club's bullying and upstander policies, and keep them in mind when you witness bullying. What are the Club's bully prevention policies? How can you support the Club rules and codes of conduct, as well as support the kids and adults who are doing the right thing?
6. Welcome new members. If someone is new at your Club, make an effort to introduce them around and make them comfortable. Imagine how you would feel leaving your friends and coming into a new environment.
7. Refuse to be a "bystander" and be a role model to others instead! If you see friends or other members laughing with the bully, tell them they are contributing to the problem. Let them know that kind of behaviour is not acceptable.
8. Respect others' differences and help others to respect differences. It's cool for people to be different—that's what makes all of us unique. Help promote tolerance at your Club.