Be an Upstander

Assess + Acknowledge + Act

1. Be aware of your surroundings
   Notice what is going on around you
2. Don’t dismiss your feelings
   Interpreting the situation as problematic is key
3. Watch those around you
   If you’re wondering why no one else is helping or if it really is a problem... Ask questions!

There are 2 ways to intervene:

- Direct: You directly interact with the offender
- Indirect: You interact with other bystanders to help or seek outside assistance
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