



Name \_\_\_\_\_

Class \_\_\_\_\_

Date \_\_\_\_\_

## Upstander Quiz

**Directions:** Do you know what it takes to be an Upstander? Take the quiz below! Circle whether you think an Upstander or a bystander would say the phrases below:

	Upstander	Bystander
When my friend tells me that she keeps receiving mean texts from someone, I just change the subject. It's not my problem!		
When I see people being mean to someone I know online, I print out what they are saying and find a way to help the person being teased.		
When I'm at my friend's house and he starts pretending to be someone else online, I think it's funny to see how other people respond.		
When someone in my class who has been cyberbullied is eating lunch alone, I ignore them because I don't want people to start making fun of me.		
When my friend posts mean messages about a girl on our basketball team, I help her realize that she is being a cyberbully. I also help her find a good way to apologize.		
Write your own situation!		

### Word to the Wise Tips

- Don't feel like a snitch or a tattletale if you tell an adult about cyberbullying. They can help out in ways that your friends may not be able to.
- There are so many ways to be an Upstander! Even just sitting with someone who has been bullied at lunch or sending a friendly message online can help.

