

**Lesson activity: Be an Upstander**

If we ever see someone in trouble, we should always help.

Together we all have a powerful voice. This is what it means to be an Upstander (to stand up for others).

Activity: Take photos of your feet and share them in GoBubble’s #PupilVoice group with the tag #Upstander

Have a circle time discussion in your class and think about:

1. Why is it important to help others who are being bullied?
2. What nice words can we say to them?
3. What should we say to bullies?

Discuss how others might feel about becoming an upstander and what they can do as a group to encourage people to be upstanders

Completing the activity:

Ask your teacher to register the school for GoBubble and create accounts for all of years 3-6 pupils on GoBubble.School and rollout out GoBubble.school, so everyone can take part in the poster campaign of taking pictures of their shoes and sharing them on GoBubble with #Upstander

Resources:

1. You can put up our Upstander poster around your school