



Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 69

What is an Upstander?

- An **Upstander** is someone who uses their voice and their actions to help others.
- **Upstanders** make their communities—and the world—better for everyone.
- Being an **Upstander** means standing side by side **with** others to build a better world together.
- For children that have directly experienced racism, being an **Upstander** also means standing tall and proud within ourselves and our own identities (whether that's our racial or ethnic identities, or in any of the many ways we all have of describing and understanding ourselves).
- Having the inner confidence and strength of an **Upstander** expands into a healthy way of being in the world



Joke Corner

1. **Why did the boy bring the ladder to school?**
He wanted to go to high school.
2. **Why did the broom get a poor grade in school?** Because it was always sweeping during class.
3. **What kind of school do you go to if you are a giant?** High School
4. **What does the computer do for lunch?**
Has a byte!

<https://scoutlife.org/features/32016/back-to-school-jokes/>

Ways to Help Children Develop the Three Types of “Upstandership”

1. **Help Them Stand Tall in Themselves** - Affirm children’s identities. Build their confidence and sense of self-worth by pointing out and celebrating their uniqueness... inside and out! Remind them of their special talents and explain that everyone has their own amazing qualities, and everyone deserves to feel proud inside.
2. **Help Them Stick Up for Others** - Let children see you speaking up or taking action when you notice something unfair. Talk about how you feel about it, and model respectful ways of communicating and standing up for others.
3. **Help Them Stand Together with Others to Build a Better World** - When children notice ways in which our world could use improvement, praise their observations and insight, and talk about ways others may be already working to change things. Remind children that many people care about the same things they do, and that we can work together to make the world a kinder, safer, fairer place for everyone.

<https://sesamestreetincommunities.org/topics/racial-justice/?activity=raising-an-upstander>