

# UPSTANDERS<sup>®</sup>

STAND UP TO BULLYING



	<b>Phase Description</b>	<b>Alternative Methods of Delivery</b>
<b>Phase 1 - Meaning Behind Words and Symbols</b>	Students will be introduced to how words and symbols were used by the Nazis to influence communication and create a negative, anti-Jewish culture. These concepts will be related to concerns about how students experience bullying, in its various forms, today.	This workshop will be facilitated by a Holocaust Center educator either in-person (inside the physical classroom) or can be done through any school approved virtual platform. These sessions are done separately per class, so as to keep the group small enough to encourage engagement and dialogue. <i>If the in-person option is chosen, please note that our educators practice all recommended safety precautions including the wearing of masks and social distancing.</i>
<b>Phase 2 - Field Trip to the Holocaust Center</b>	Students are introduced to Holocaust history in a way that leads to an investigation of human behavior and an understanding of what it means to be a responsible citizen. They also explore how bias can escalate into violence and discover the power of speaking out against bullying.	The Holocaust Center will be reopening to the public soon, but it will be at limited capacity. Traditional field trips will not be scheduled until it is deemed safe to do so. Until then, virtual field trips will be available in the spring. Students will get to explore the permanent exhibits from the comfort of their own classroom or home. A Holocaust Educator can be made available for live virtual Q&A upon request and availability.

<p><b>Phase 3 - Transforming Bystanders to UpStanders</b></p>	<p>Students are given a toolkit for how to recognize bullying and learn safe ways to intervene in bullying situations. The key to empowering students is transforming bystander behavior into 'UpStander' behavior.</p>	<p>This workshop will be facilitated by a Holocaust Center educator either in-person (inside the physical classroom) or can be done through any school approved virtual platform. These sessions are done separately per class, so as to keep the group small enough to encourage engagement and dialogue. <i>If the in-person option is chosen, please note that our educators practice all recommended safety precautions including the wearing of masks and social distancing.</i></p>
<p><b>Phase 4 - Guest Assembly Speaker</b></p>	<p>A renowned speaker is brought in to engage with the students in an assembly style (full grade level) presentation. The speaker focuses on their personal testimony regarding their own experiences with being different, bullying, and the importance of UpStander behavior.</p>	<p>Due to current public health concerns with gathering in large groups, the same message will be delivered, but without the physical assembly component. Students will be able to view a live streamed (or recorded, if necessary) version of the presentation.</p>
<p><b>Phase 5 - Adopting Rescuer Character Traits</b></p>	<p>Thousands of lives were saved during the Holocaust because of rescuers who were willing to take risks to protect their friends and neighbors. This presentation reviews their traits to help students see these characteristics within themselves. Students will be challenged to reflect on the qualities and achievements of rescuers from the Holocaust while comparing them to rescuers throughout history and today.</p>	<p>This workshop will be facilitated by a Holocaust Center educator either in-person (inside the physical classroom) or can be done through any school approved virtual platform. These sessions are done separately per class, so as to keep the group small enough to encourage engagement and dialogue. <i>If the in-person option is chosen, please note that our educators practice all recommended safety precautions including the wearing of masks and social distancing.</i></p>

For more information about the UpStanders program, please contact Rachel Luce-Hitt, Education Director, at [rluce-hitt@holocaustedu.org](mailto:rluce-hitt@holocaustedu.org).