



HOW TO BE AN UPSTANDER

Recognizing injustice and taking a stand

BIAS is to show favor or prejudice for or against someone or something.

WHAT DOES BIAS LOOK LIKE?

- You judge someone based on what they wear and how they look
- You are making someone uncomfortable by asking personal questions about their religion and ethnicity
- You are making jokes about somebody's race
- Avoiding interaction with a person from a particular race or religion





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5 Things You Can Do To Help in a Situation of Harassment:

DISTRACT

Diffuse situation by making small talk with the target.

DELEGATE

Ask a third party (preferably authority) to participate in intervening.

DOCUMENT

Take a video of the situation or jot down notes to help remember.

DELAY

Offer assistance to the victim and show your support.

DIRECT

If situation allows and it's safe, speak firmly against the harasser.