



## BE A GAME CHANGER: BECOME AN UPSTANDER

OBJECTIVE (30-45 minutes):

SWBAT:

1. Identify the skills needed to be an Upstander
2. Implement steps needed to stand up for targets of bullying behavior
3. Use strategies to intervene

MATERIALS: *Bullying in Sports: A Guide To Identifying the Injuries We Don't See*, Chapter 14; News article or video about bullying in sports; Blackboard/Whiteboard with Markers

LESSON OUTLINE

INTRODUCTION:

Today we are going to take some time from our practice to discuss bullying and the expectations I have of you both on and off the field. Most importantly we are going to learn about being a Game Changer in bullying by becoming Upstanders. An Upstander is someone, or a group of people who stand up for those individuals who are targets of bullying behavior.

SET INDUCTION:

Have players either read a brief article about bullying or watch a short video. Facilitate a discussion about bullying and your expectations of them on and off the field in regards to bullying behavior. Then explain that you are going to walk them through the skills and steps needed to become an Upstander.

SKILLS NEEDED FOR AN UPSTANDER:

Using the black/whiteboard brainstorm the qualities and characteristics needed to be an Upstander. As players offer their thoughts write them down to discuss shortly. Make sure to include the following: courage, respect for others, ability to take action, acceptance for others, and empathy. When finished ask them to share their thoughts on each skill and whether or not they are capable of being able to implement those skills.

THE THREE STEPS (FROM THE CHAPTER):

1. Recognize the situation
2. Be responsible and empathize
3. Do something

INTERVENTION STRATEGIES (FROM THE CHAPTER):

Assertive statements, Fogging, Swarming, Broken Record Approach, Acknowledging, Take the "pledge" ~ Have them role play each strategy. It is also vital to tell them that an Upstander also removes the target whenever possible and always asks for adult intervention.

FOR PLAYERS