



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Project Cornerstone Book-of-the-Month #3

This month's ABC book: **“Say Something”** by Peggy Moss is a powerful story in which the narrator sees and hears teasing, put-downs, pushing, and other forms of bully behaviors at her school. Because she's confused about what to do, **she doesn't do anything** at first. However, her **responses** change as she gains understanding and empathy.

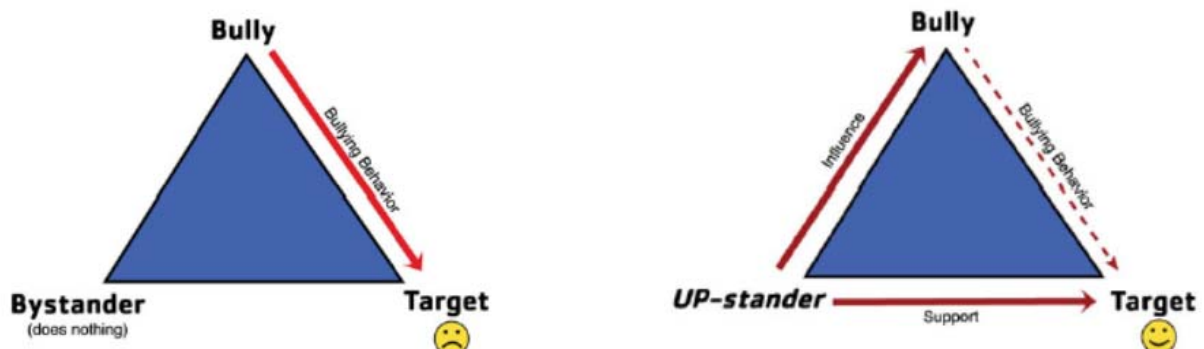
Goals of lesson:

- To understand the role of *UPstanders*.
 - *UPstanders stand up* to bully behaviors and advocate for targets.
 - *UPstanders* know and practice tools that support peers in face-to-face situations **as well as online in the digital world**.
- To move all students from the passive role of *bystander* to the integrity-rich role of *UPstander*.

We hope you will talk with your child tonight about being an *UPstander*. To reinforce the message at home:

- **Watch this 30-second video that will be shown in class:**
<https://www.youtube.com/watch?v=tyukkOiayt4>
- Talk about ways that each family member is an *UPstander* at home!
- Review the Bully Triangle with your family. (see below)
- Role-play different scenarios to practice *UPstander* behaviors, words you can say, and actions to take if someone needs your help.
- Say or do something when someone needs help. Remember:

Your Silence is Your Agreement!



**When you “catch” kids modeling positive behaviors...
Notice, Name it, and Celebrate it!**



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**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

What *UPstanders* in my Family Say and Do

Name of Family Member	UPstander Action	
	What happened?	How were they an <i>UPstander</i> ?