

Be a proud Upstander!



If you see someone being bullied, be an Upstander, not a bystander. Using your words and actions to support someone who is being bullied can make a huge difference.



Āwhinatia / Support the person

- Encourage them to ask for help or go with them to get help.
- Let them know you have seen what has happened, and that they're not alone.
- Share our help and advice page with them: pinkshirtday.org.nz/help.



Haukotia / Distract

Interrupt the bullying:

- Help the person being bullied to leave the situation.



Karangahia / Call it!

- If you feel safe to do so, let those doing the bullying know that it isn't okay. It can be hard to speak up in the moment, but it can make a big difference.



Taihoa ake, ka haumaru / Leave and act

If you don't feel safe to step in at the time, that's okay. Instead:

- Later, ask the person being bullied what might help them.
- Have a quiet word with the person doing the bullying.



Tautokohia / Get some other help

- Support the person to get help from whānau, kaiako/teachers, kaimahi/colleagues, a friend or a helpline.
- Tell someone you trust about what you have seen, and ask them to check in on the person who has been bullied.



Learn more about
being an Upstander at
pinkshirtday.org.nz/upstander

