



# The Be An Upstander Workshop

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**General information  
for students in Years 4-6**




# Inspire Your Students To Take Action With 'Be An Upstander' Workshop

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*"I always wondered why somebody doesn't do something about that. Then I realised I was somebody"*  
- Lily Tomlin

With the Be An Upstander Workshop, your students will be on their way to a happier and safer online experience for all.

In this 2-session interactive workshop, your students will learn to:

- |           |  |           |   |
|-----------|--|-----------|---|
| <b>01</b> | Describe what an upstander is and why it is important. | <b>02</b> | Explain why people choose to not stand up for others.     |
| <b>03</b> | Identify the roles involved in cyberbullying.          | <b>04</b> | Describe the difference between an upstander and an ally. |
| <b>05</b> | Identify who can provide help and support.             | <b>06</b> | Explain how to be an upstander.                           |
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# The Be An Upstander Workshop

## Learning Objectives

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With The Be An Upstander Workshop, your students will be equipped with strategies for choosing to be upstanders, not bystanders, thereby contributing to safer online experiences.

### Session 1

- > To recognise the benefits to being an upstander.
- > To recognise the challenges to being an upstander.

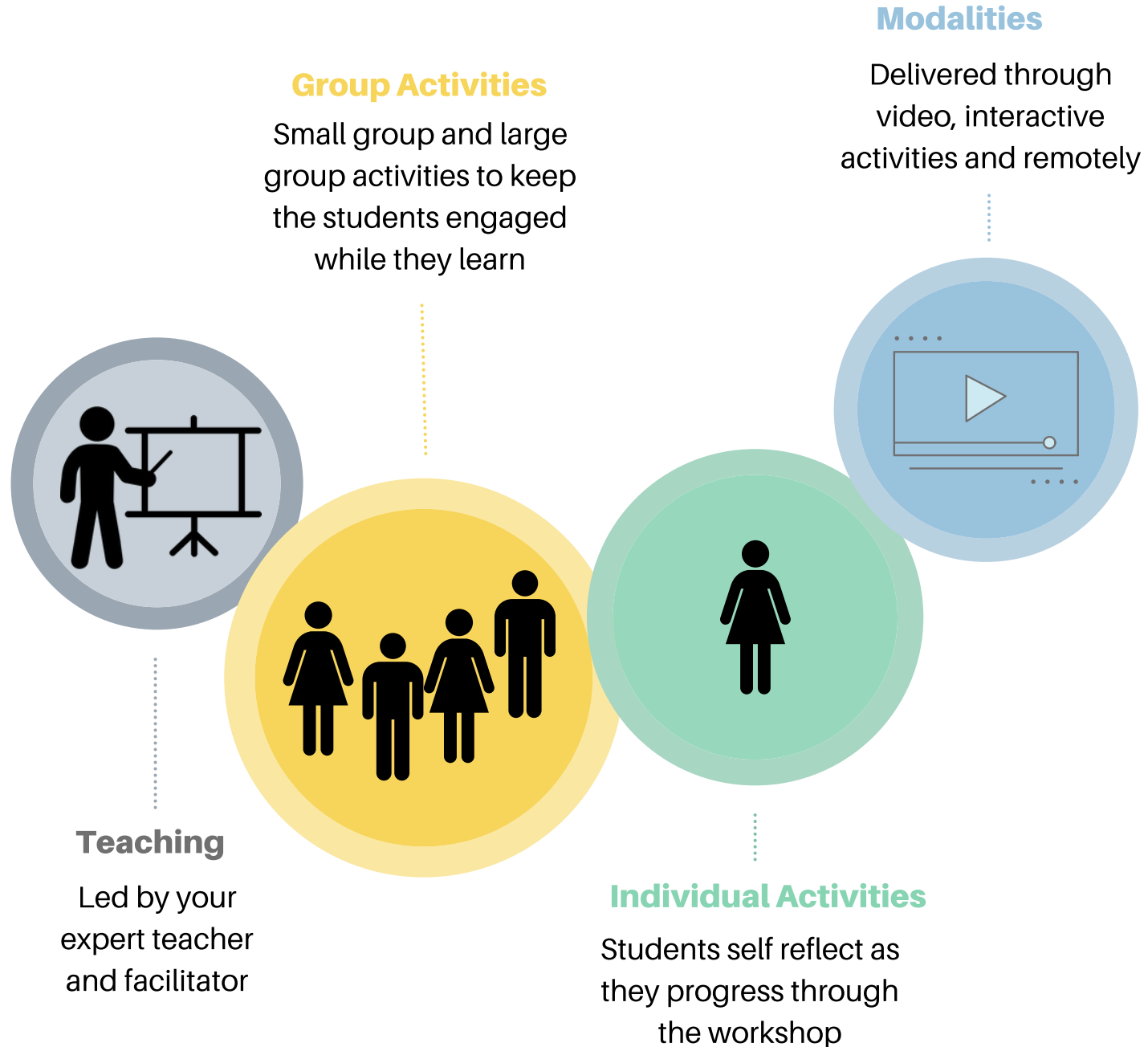


### Session 2

- > To be able to make a conscious decision to be an upstander.
- > To identify who can provide help and support.

# The Workshop Experience

In this two-session workshop, your students will enjoy a balanced blend of expert teaching and engaging activities. All sessions are created and facilitated by teachers.



TEACHER FRIENDLY

# Curriculum Connections

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The Empathy Initiative is a time-saver for teachers as all workshops are Australian and Victorian Curricula-aligned.

Workshops can be adapted to meet particular class and/or curriculum requirements.

Enquiries:

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Australian  
Curriculum

Victorian  
Curriculum

ACPPS037  
ACPPS038  
ACPSS055  
ACPPS056  
ACPSS060  
ACELY1796  
ACELY1816

VCELY337  
VCELY366  
VCHPEP107  
VCHPEP109  
VCHPEP110  
VCHPEP114

## WHAT'S INCLUDED

# Workshop Details

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Your students will enjoy world-class instruction through the workshop, with engaging and meaningful activities that the students will want to continue with long after the session has concluded. To maximise interaction, sessions are limited to 100 students.

## PRICING

Over a term

**\$600**

**BOOK NOW**

In one day

**\$525**

**BOOK NOW**

Combined with  
other workshop(s)

**CONTACT US**



**For more information, contact:**

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