

COURAGE

CAN BE QUIET

Positive Bystander Freebie

You do not have to be loud to be brave.

A positive bystander notices when someone may need support and chooses a safe way to help. Sometimes courage means speaking up. Sometimes it means standing beside someone, including them, checking in later, or getting a trusted adult.

★ STAND BESIDE



Let someone know they are not alone.

★ INCLUDE ★



Invite someone in or make space for them.

★ SPEAK UP SAFELY



Use your voice when it feels safe.

★ GET HELP ★



Find a trusted adult when someone needs support.

★ Quiet courage still counts. ★

★ Anti-Bullying Week • Morning Meeting • School Counseling ★



POSITIVE BYSTANDER CHALLENGE

Courage Can Be Quiet

KIND
PEOPLE
CHANGE
THE STORY

★ Read each moment and decide what a positive bystander could do. More than one answer may fit. ★

★ BYSTANDER MOVES (Check the ones that fit) ★



Stand Beside



Include



Speak Up Safely



Get Help

1 Someone is sitting alone while groups are forming.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

2 A student gets an answer wrong and other students laugh.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

3 You hear people making plans to leave someone out on purpose.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

4 A friend tells you another student keeps bothering them, but they are afraid to tell an adult.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

5 Someone drops their things in the hallway and people walk around them.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

6 A student is being teased, and you do not feel safe speaking directly to the people doing it.

☐ Stand Beside ☐ Include ☐ Speak Up Safely ☐ Get Help

I could say or do: _____

★ Spotlight Reflection ★

Which positive bystander move feels easiest for you?
Which one takes the most courage?

Easiest for me: _____

Takes the most courage: _____

Mini Goal for Today



Before the day ends, show one positive bystander action that can be seen, heard, or felt.

★ QUIET ★ COURAGE SPOTLIGHT

★ Can we notice 10 positive bystander moments today? ★

★ Quiet Courage Tracker ★



★ A Quiet Courage Point can be earned when someone... ★

- | | |
|--------------------------------------|--|
| ★ stands beside someone who is alone | ★ does the right thing without attention |
| ★ includes someone | ★ helps someone without being asked |
| ★ speaks up safely | ★ refuses to join in |
| ★ gets help from a trusted adult | ★ tells the truth when it would be easier not to |
| ★ checks on someone later | ★ tries again after struggling |

★ **GOAL:** Light up all 10 stars before the day ends! ★

Courage can be quiet. It still counts.

BIG
ACTIONS
OFTEN
START
WITH
QUIET
COURAGE



NOTICE
INCLUDE
SUPPORT
SPEAK UP
BE KIND
MAKE A
DIFFERENCE



QUIET
COURAGE
MAKES A
BRIGHTER
WORLD ♥

WANT MORE COURAGE?



★ Explore the Full Courage Collection ★

COURAGE MORNING MEETINGS

BUILD BRAVER, KINDER CLASSROOMS
ONE CONVERSATION AT A TIME

DISCUSSION PROMPTS
ACTIVITIES • SEL FOCUS
READY TO USE

20 DAYS OF COURAGE REFLECTION PROMPTS

MEANINGFUL PROMPTS
TO BUILD SELF-AWARENESS,
EMPATHY, AND A BRAVER
SCHOOL COMMUNITY

20 DAYS OF COURAGE CHALLENGES

SIMPLE, POWERFUL CHALLENGES
TO PRACTICE KINDNESS,
UPSTANDER BEHAVIOR,
AND EVERYDAY COURAGE

Continue building courage, upstander behavior, and
anti-bullying conversations with our ready-to-use resources!



Morning
Meetings



20 Days of Courage
Reflection Prompts



20 Days of Courage
Challenges



Games,
Discussions
& More!

VISIT OUR WEBSITE

theculturecounselorco.com