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

The Culture Counselor Co.

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Build school culture without the overtime.

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

1 2 3 4 5

6 7 8 9 10

BIG ACTIONS OFTEN START WITH QUIET COURAGE ♡

NOTICE INCLUDE SUPPORT SPEAK UP BE KIND MAKE A DIFFERENCE ♡

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

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

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

Courage can be quiet. It still counts.

QUIET COURAGE MAKES A BRIGHTER WORLD ♡

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WANT MORE COURAGE?

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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!

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