“The world is a dangerous place to live in, not because of the people who are evil, but because of all the people who don’t do anything about it.”

ALBERT EINSTEIN
"Upstander" is a verb, as well as a noun. Teach by example of how you live your life. How can I promote change? Teach

How can I keep this from happening again? How can I promote change?

Do you recognize an injustice? What are examples of injustice around me?

When you hear someone tell a joke that belittles others or use a word that is demeaning, ask...

What actions can I take? How will I act in this situation?

Being an upstander is a choice, just as being a bystander is a choice — but doing nothing in the face of injustice implies that you agree.

"Make injustice visible."
— Mahatma Gandhi

"When the whole world is silent, even one voice becomes powerful."
— Malala Yousafzai

"It is never too late to give up our prejudices."
— Henry David Thoreau

When you hear someone tell a joke that belittles others or use a word that is demeaning, ask...

What actions can I take? How will I act in this situation?

Being an upstander is a choice, just as being a bystander is a choice — but doing nothing in the face of injustice implies that you agree.

"Make injustice visible."
— Mahatma Gandhi

"When the whole world is silent, even one voice becomes powerful."
— Malala Yousafzai

"It is never too late to give up our prejudices."
— Henry David Thoreau

When you hear someone tell a joke that belittles others or use a word that is demeaning, ask...