



NOVA 2nd ANNUAL
UPSTANDER
DAY

presented by



Here
We
Grow.



SUNDAY
SEPT. 29

11 AM - 3 PM RAIN/SHINE

EPSTEIN CAMPUS AT LOWER BUCKS

BUCKS COUNTY COMMUNITY COLLEGE, 1304 VETERANS HWY, BRISTOL, PA

WELCOME

We can create a community of acceptance, kindness, and inclusion



Welcome to NOVA's second Upstander Day! We are excited to be sharing the Upstander message with our Bucks County families! Being an Upstander is about being kind and caring about others.

Some benefits of our Upstander message:

- Being an Upstander fosters positive relationships, encourages empathy, and enhances teamwork.
- Upstanders encourage kindness and promote a safe place where our children grow and thrive.
- People are happier because kindness reduces stress and supports a sense of belonging.
- Talking to children about being Upstanders teaches children to be empathetic, considerate, and responsible.

WHAT IS AN UPSTANDER?

An Upstander is someone who stands up against injustice or bullying behavior. Anyone of any age can be an Upstander!



Proud sponsor of
**NOVA'S
UPSTANDER DAY**

Supporting those who
choose kindness and inclusion
to stop bullying.



BUCKS COUNTY
COMMUNITY COLLEGE

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presented by  **Penn Community Bank**  **Here We Grow.**

UPSTANDERS...

Upstander Award
ceremony at 1 PM
in the Main Hall

- SPEAK UP AGAINST INJUSTICE AND BULLYING
- SUPPORT & STAND UP FOR OTHERS
- LEAD BY EXAMPLE
- FOSTER EMPATHY & UNDERSTANDING
- PROMOTE INCLUSION & CELEBRATE DIVERSITY



Richard Curtis, Emcee

Richard Curtis is host of "The ClassH-Room," a half-hour, weekday game show that airs Wednesdays at 6:30 p.m. on FOX 29. Richard, a K-12 STEAM Coordinator for New Hope-Solebury School District, will emcee the Upstander Awards presentation at 1 pm on Upstander Day.

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“Hats off to Team NOVA! Our staff, volunteers, and Board are the ultimate Upstanders, committed to promoting safety, inclusion, and respect. I’m honored to work with such an amazing team that truly makes a difference in our community!”

- Penelope Ettinger

1 Create a simple and meaningful daily ritual of encouraging discussions to help develop positive social interactions.

2 Teach and discuss kindness by asking questions that are specific, open-ended, and kid friendly.

- Tell me about something you did today that made you feel proud.
- Who is someone at school that makes you feel safe?
- What is your favorite thing to do at recess?
- Did you help anyone today?
- Who made you smile today?
- What did you see someone do today that was kind?



Being an Upstander is kindness in action. Practice skills in safe, social setting (e.g. supervised play dates, group lessons, and family gatherings).

Source: <https://kindness.org/>

Upstanders in Action

- You are at outside recess. You notice that your classmate is sitting alone and is crying. What would you do?
- One of your classmates is having a bad day. What are some things that you could do?
- A classmate invited you to a party. You find out that your friend was not invited. What would you do?
- A new student in your school is having trouble making friends. What can you do to be an Upstander?

An Upstander is...

- Can you talk about a time you helped someone? How did it make you feel? How do you think the person you helped felt?
- Think about a time when someone was kind to you. What did they do and how did it make you feel?
- What is one way Upstanders can support someone who might be feeling sad?
- What are two ways you can show kindness to someone?

Upstanders at Home

- Can you name something you love or think is special about our family?
- One of your siblings (or other family member) is having a bad day. What could you do?
- When you clean your room, are you being an Upstander? Why?
- There are dirty dishes in the kitchen sink. What could you do to be an Upstander?
- Your caregiver is folding laundry. There is a lot of laundry to fold. What could you do to help?

Upstanders in Our Community

- You just finished a bottle of water. What would you do with that empty bottle?
- There are toys in your house that you do not play with anymore. What could you do with those toys?
- What do you do with clothing that you have outgrown?
- Is recycling being kind to the earth? Yes or No. Why? So are you an Upstander when you recycle?

A Kinder Internet

- If one of your friends posted a mean message online, what would you do?
- What will you do if you see cyberbullying?
- What are some ways you can spread joy on social media?
- What would you do if one of your friends posted a meme that made fun of a classmate?



The Power of Kind Words

- Spread kindness. Say something kind to the person who is standing next to you.
- When you are talking to someone, what does it mean to use kind words? Can you give me an example?
- Why is it important to use kind words? How can those kind words make someone feel?

Choose to be an Upstander

- There is a new kid in your class. How could you make them feel welcome?
- Name three things that you can do to be an Upstander.
- Some kids in your friend group are laughing at another kid. What would you do?

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- Childbirth Education
- Prenatal Yoga
- Newborn/Infant Massage
- Postnatal & Baby Yoga

Grow

Guide your children
towards authenticity and
leadership



WHOLESOME WARRIORS

- Toddler & Caregiver Yoga
- Yoga for Preschoolers 3 to 5 years
- Yoga for kids with additional needs mixed age 5yrs+
- Yoga for older kids 5yrs to teens geared to their age level
- Birthday Parties & Private Events

Connect

Join a community rooted
in trust and holistic
support



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Lovelines



“Thank you to all
Upstanders
for making Bucks
County a kinder
community!”

- Dot Gaboda

UPSTANDER VIBES

In the car, make the most of your captured audience. Ideas to talk about with your child:

Upstander Vibes

- How do others feel when they see someone being an Upstander?
- What are you grateful (thankful) for?
- How do you feel when you do something that is kind?

Gratitude

Think of 3 things that you are grateful for right now.

- I am grateful for...
- Thinking about this makes me feel...

Choose Kindness – Who is a person you are grateful to know?

What words can you use to tell them you are grateful for them?

Connection

Think about your friends and people in our family. Who is someone that might really like it if you took the time to call, write or video chat?

- Who can you reach out to?
- What would you tell them?

Choose Kindness – Who will be the person you will do something for that is kind?



A kindness quest encourages children to practice kind acts intentionally.

Generosity

Think of a way you can be generous to someone.

- What is one thing you can do?
- Imagine doing it. How do you feel?

Choose Kindness – Who will be the person you will do something for that is generous?

STORYTELLING

Making Caring Common Project

Source: makingcaringcommon.org

Books can often emphasize the importance of kindness.

Ages 7-10

Using story characters to teach about the values of understanding and caring about feelings and perspectives of others.

Stories (books, TV/film, people we know, or other sources) are powerful for learning and understanding. Adults can use stories to talk about their own and other people's feelings, and to encourage kids to do the same.

Ideally, when children hear other stories, they get in the habit of talking about them, and think more deeply about what they mean. Through conversations and reflections, using stories, we can begin to really understand and care about the feelings and perspectives of others.

How to begin these conversations:

1 Find a favorite story

- Imagination Soup <https://imagination soup.net/>
- Book Riot recommends 10 children's books about empathy and kindness <https://bookriot.com/>
- Common Sense Media lists TV shows that inspire empathy <https://www.common sense media.org/>
- Understood.org lists 12 movies to help kids learn about empathy <https://understood.org>

2

Talk about feelings

Use these simple questions to start a conversation:

- How do you think the character (or person) is really feeling? Do you care how they feel?
- Who do you care about in the story? Who do you not care as much about? Why?
- Have you felt this way recently [describe the person's feeling in the story]? When you felt that way, did someone care about your feelings or perspective?

For talking to younger kids, use the emoji chart to help them become familiar with naming feelings.

CHOOSE A FEELING



HAPPY



SAD



ANGRY



SURPRISED



SCARED



NERVOUS



AFRAID



EMBARRASSED



BORED



TIRED



DISGUSTED



SICK



WORRIED



THINKING



RELAXED



PLAYFUL



FRUSTRATED



EXCITED

3 Consider different points of view – lead by example

Talk about how people might feel differently about the same situation, especially if there is a conflict and some characters are finding it hard to get along.

Model this process by sharing your feelings and interpretations of different point of view. Try to stay balanced in your approach and consider the pros and cons of all points of view.

- Ask older kids “When you learn about a new story of a person’s experience, why might they feel that way?”
- Ask, “How would you feel if you were in their position?”

4 Make it a habit

Encourage kids to talk about feeling and different perspective by asking simple questions during the day or during regular activities.

- What made you happy or sad today?
- How do you think the other person felt about that situation?
- Let’s imagine that you and your friend have different ideas about how to play a game. How would that make you feel? How do you think your friend might feel?

Lovelines



“Thank you, NOVA’s Prevention Educators, for empowering students to be Upstanders! Your dedication to teaching the importance of courage, respect & action helps create safer, more compassionate communities. You’re truly making a difference!”

– Angela McGettigan

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Elementary School PROGRAM MENU

inNOVative, supportive, and age-appropriate learning experiences, designed to promote critical thinking skills, respectful interpersonal boundaries, and healthy relationships.



Personal Safety programs (single session) Grades K-6

- Building safe and respectful body boundaries, students learn ways to handle unsafe situations.



Safe Touches program (single session) Grades 1-3

- An evidence-based program using puppets to teach body safety and ways to handle unsafe situations.



Upstander programs (single session) Grades 1-3

- Teaching kindness and empathy, students learn ways to help their peers in bullying situations.



Your Digital World (single session) Grades 3-6

- Students participate in skill-building challenges, promoting responsible decision making, and the value of being an Upstander while creating positive, healthy online spaces.



Cyberbullying Prevention program (single session) Grades 4-6

- Reinforcing responsible behaviors, students learn safe and effective strategies in response to cyberbullying situations.



Digital Footprint (single session) Grades 5 or 6

- Utilizing scenario activities, students expand their critical thinking on how digital content is potentially viewed, stored, and impacts their digital footprints.



Upstanders Unite (multisession) Grade 4

- Specific for fourth-grade students, this multisession program provides learning experiences and activities that promote healthy boundaries, positive peer support, and inclusive practices.

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24/7 HELPLINE: 1-800-675-6900





Middle School PROGRAM MENU

inNOVative, supportive, and age-appropriate learning experiences, designed to promote critical thinking skills, respectful interpersonal boundaries, and healthy relationships.



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Respectful Citizenship (single session) Grades 7-9

- Recognizing the negative impact of unkind behaviors, students identify skills and strategies to utilize Upstander behaviors in harassing situations.



Healthy Relationships (single session) Grades 7-9

- Building life-long skills, students identify key aspects of healthy relationships versus red-flag indicators of unhealthy relationships.



Internet Safety (single session) Grades 7-9

- Offering tools for risk reduction in adverse online situations, this program focuses on protective factors in handling cyberbullying, sexting, and online predators.



Sexual Harassment (single session) Grades 7-9

- When is it flirting? When is it sexual harassment? Students participate in discussion and activities to help identify sexual harassment and resources for support.



Sexting Awareness (single session) Grades 7-9

- This program identifies legal consequences associated with taking, sharing, or receiving explicit images and develops risk-reduction skills.



Grooming Prevention (single session) Grade 9

- Working to prevent exploitation and abuse, this program discusses the steps an adult may take to gain and manipulate the trust of a young person. Red flags, myths about grooming and how to report and respond in these situations are presented.



Bright Vibes (multisession) Grade 7

- This three-session series provides interactive learning to positively handle negative peer pressure and uncomfortable situations by utilizing Upstander behavior.

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Understanding Sexual Violence (single session) Grades 9-12

- Students will have a clear understanding of what constitutes rape, other forms of sexual violence, and informed consent. Bystander intervention strategies, how to handle disclosures, finding support and resources are provided.



Human Trafficking 101 (single session) Grades 9-12

- Examining the social norms that perpetuate violence, this program discusses the forms of human trafficking, red flags, and myths about trafficking.



Sexting & Sextortion (single session) Grades 9-12

- Helping students recognize the potential dangers associated with taking, sharing, or receiving explicit photos this program discusses sextortion as a crime and provides resources for support.



Bystander Intervention (single session) Grades 9-12

- Students receive tangible strategies to safely intervene in situations that could lead to harm. While individuals may choose to intervene, this program encourages students to make the choice to be an Upstander however possible. This program is a great add-on to any of our other programs!



Grooming Prevention (single session) Grade 9-12

- Working to prevent exploitation and abuse, this program discusses the steps an adult may take to gain and manipulate the trust of a young person. Red flags, myths about grooming and how to report and respond in these situations are presented.



Campus Safety (multisession) Grade 12

- The three main forms of violence on college campuses are hazing, interpersonal violence, and sexual violence. This program emphasizes bystander intervention, safety planning, Good Samaritan laws, and common campus resources.

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