



# Be an M-DCPS Upstander

## What is an UPSTANDER?

**Upstanders** use their voice and their actions to help others.

## You too can be an Upstander while keeping safe by:

- **Respecting** others' differences
- **Recognizing** harmful behaviors
- **Encouraging** others to walk from negative situations
- **Stop and report** untrue and hurtful messages
- **Take immediate action** and tell a teacher or another adult

## Upstanders can help by:

- Reporting incidents to the School Resource Officer or school staff member
- Submitting tips to FORTIFYFL app
- If you see something, say something by calling (855) FLA-SAFE or (855)352-7233
- Completing the anonymous bullying form on student portal
- Placing concerns in your school's Bullying Box



Be an **Upstander!**  
Not a bystander.



#MDCPSUpstander