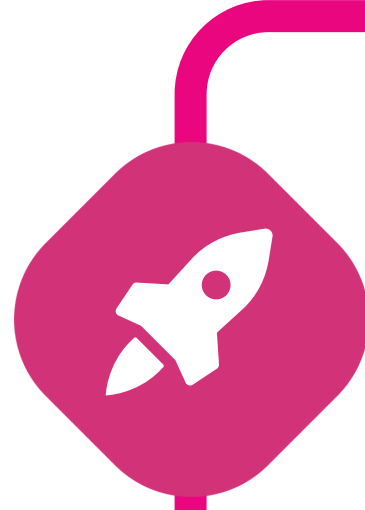


What Kind Of UPSTANDER ARE YOU?



Question 1:
Do you spring into action when someone needs help?

Not really! I am more comfortable with assessing the situation first.

Yes! I love jumping in right away.



Question 2:
When I meet a new friend, the first thing I do is:

I ask questions to learn about their background, hobbies, likes and dislikes!

I invite them to join my friend group, sit with me at lunch, or go to a party together!



Question 2:
Are you more likely to give hugs or give a friend a shoutout to the world?

I'm more into supporting a friend with hugs or one-on-one talk.

I'm a rock for my friends. I'll be a loud and proud supporter no matter what!



Question 3:
When a friend comes to you with a problem, do you offer advice or lend an ear?

I lend an ear to make them feel heard and I prefer to give them space to make a decision!

I offer advice to help come up with possible solutions. Two heads are better than one!

The ACCEPTER

You accept people for who they are and believe that their differences add to your overall understanding and enjoyment of the world.

You help friends feel accepted so that they are less likely to feel isolated.

The INCLUDER

You want everyone to join the group, get along, and be friends. Your day gets brighter when people come together and everyone is having fun.

By including new people, you are helping to protect them from being alone and singled out by bullies.

The LISTENER

You are a good listener and ease you friends' troubles by lending an ear. You are the friend that can be counted on to answer your phone or text back.

You believe that being present and allowing a friend to share their troubles is what a good friend does.

The HELPER

You enjoy lending a hand because it makes you feel good.

You are optimistic and try to spread positivity and good deeds wherever you go—especially for a friend in need! Spreading kindness is your superpower.

The ENCOURAGER

You love cheering your friends on!

You like making sure others know they have your support and you're willing to put yourself out there in a vocal way to make sure everyone feels welcome and safe!