

Bystander vs Upstander Reflection

Reflecting on your own reactions and choices as a bystander or upstander is a crucial step in promoting diversity, equity, and inclusion. Remember that small actions can lead to significant changes in the way we interact with others and build a more inclusive world. I encourage you to reflect on the following reflective questions.



REFLECTIVE QUESTION 1

What factors might influence someone to become a bystander rather than an upstander in situations that call for allyship?



REFLECTIVE QUESTION 2

What are the potential consequences of choosing to be a bystander?



REFLECTIVE QUESTION 3

What are the potential benefits of being an upstander in similar situations?



Challenge yourself to identify opportunities in your own life where you can be an upstander and actively contribute to creating a more inclusive and diverse environment.

