

10 Situations We Need Upstanders & 10 Resources We Can Turn To

What would you do if....

1. *Mental Health* (movember.com): your friend has been really depressed and shares with you that they've had thoughts of ending their life. #BeThereForThem
2. *Intimate Partner Violence* (joinonelove.org): you hear your roommate getting verbally and possibly physically abused by their partner in the next room over. #ThatsNotLove
3. *Unhealthy Relationships* (collegemoxie.org): your classmate tells you they can't be in your study group because their partner doesn't allow them to have friends of the opposite sex. #RaiseTheBar
4. *Sexual Harassment* (Sexe-education.com): you see a stranger making unwanted sexual advances toward someone - despite many verbal rejections, the stranger persists and follows them. #StepUp
5. *Sexual Violence* (NOMORE.org): your teammate tells you they're going to take a visibly intoxicated person upstairs to have sex, and they tell you to make sure no one interrupts. #NOMORE
6. *Alcohol Misuse* (collegeisradd.org): you watch someone getting into the driver side of a car after seeing them drink all night at the bar you were just at. #PlanAhead
7. *Drug Misuse* (hecaod.osu.edu): you observe a friend misusing their prescription medication by mixing it with alcohol and other drugs at parties. #SaySomething
8. *Hazing* (novaktalks.com): your club is discussing their annual retreat where you take the newest members out to the woods, get them drunk, and leave them to find their way home. #DotheRightThing
9. *Hate and Bias* (ADL.org): your peer group regularly uses racist, anti-Semitic, and xenophobic language in conversation. #NoPlaceForHate
10. *Alcohol Overdose* (gordie.org): you find someone passed out on a couch at a party with a trashcan of vomit next to them, their breathing is shallow and their skin is blue. #PledgetoCheck