📄 Φύλλο Εργασίας: Upstander Pledge

1. 💡 Upstander Action Word Bank

- 🗣️ say kind words to others
- 🙋 ask for help from a grown-up
- 🎮 invite someone to play / join
- 🛡️ stand up for my friends
- 👂 lend an ear (listen with empathy)
- 🚫 not ignore mean behavior
- 🧍 stand up tall & be brave
- 📱 report or block cyberbullies

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2. Part 1: Standard Upstander Pledge (Ανοικτές Προτάσεις)

1. At school or on the playground, I pledge to be an upstander by ……
2. Online (in video games or group chats), I pledge to be an upstander by …… .
3. If I see someone feeling left out or sad, I will …… .

📄 Φύλλο Εργασίας: Upstander Pledge_Differentiation

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2. Part 2: Guided Visual Upstander Actions

- 🗣️ **Kind Words** "If a friend is feeling sad, I will say ……. ."

- 🙋 **Ask for Help** "If I see cyberbullying, I will ……for help."

- 🤝 **Include** If a classmate is left out, I will …… to play."

- 🛡️ **Stand Up** If someone is being mean, I will ……for my friend."