

ACTIVATE YOUR POWER TO  
**PREVENT SCHOOL-BASED BULLYING**  
Visit [CaptainCompassion.org](https://CaptainCompassion.org)

# **CAPTAIN COMPASSION**





# HOW TO USE YOUR UPSTANDER POWER



★  
**Report or  
Help Report  
Bullying**



★  
**Stand Up  
for Someone  
Who's Being  
Bullied**



★  
**Include  
Everyone**



**Be Respectful  
and Kind** ★

