



# CHANUKAH:

## How to Teach Your Child to be an Upstander

### Topics to be discussed:

1. What is an Upstander?
2. The Jewish people are a nation of Upstanders:

The Jonathan Sacks Haggada, p. 28:

“The religion of ancient Israel was one of the most stunning transformations ever wrought in humanity’s moral imagination, never more so than in the fact of the Exodus itself. In antiquity the gods were on the side of the established power. They underwrote the reign of king, emperors, and princes-an idea revived in Europe in the Middle Ages in the form of the doctrine of the “divine right of kings.” Rulers ruled because they were gods, or children of gods, or prime intermediaries between gods and mankind. They held sway on earth for the same reason as did the sun in sky: there was an order on earth as in heaven, by which the strong ruled the weak, and power was the guarantor of order. That G-d, creator of heaven and earth, might intervene in history to liberate slaves was the ultimately unthinkable. Thus a paradox was born, which ever since has inspired men and women to break the chains of their oppression: that true power is distinguished by its concern for the powerless, that greatness is measured by the ability to hear the cry of the otherwise unheard-the weak the vulnerable, “the widow the orphan, and the stranger”-and that freedom is not worthy unless it means freedom for all. “

3. Teaching Kids To Respect Others

“Family is the primary school for emotional learning” Daniel Goleman

- Teach concern for others
- *Lashon Hara*
- No one is stupid

- Tootling
  - Look for positive in others
  - Be Empathetic
4. Teaching Kids To Stand Up For What They Believe In
- Stories
  - Role modeling
5. Bullying: What Can Kids Do?
- Confront Bully
  - Ask victim to come and play
  - Tell an adult
  - Can always come to you the parent

## Websites To Check Out:

- [Schoolclimate.org](http://Schoolclimate.org)
- [www.bullyingpreventioninjds.com](http://www.bullyingpreventioninjds.com)
- <http://www.sparksinslp.com/what-is-an-upstander.html>

## Ways To Be An Upstander

- Choose not to join in when people are picking on or laughing at someone.
- Speak out against unkind words or actions.
- Say something helpful to the person who's being picked on or laughed at.
- Ask people who are teasing how it would feel if they were the ones being teased.
- Ask the person whose being left out or picked on to join you in an activity.
- Let an adult know what's going on.

