Resilience: to keep trying even when you face challenges

<u>Upstander:</u> someone who stands up to bullies and reaches out to victims

Bystander: a person who sees bullying happening and does nothing about it

Courage: the bravery to do something you're afraid of

Whistleblower: someone who exposes the truth

<u>Bully:</u> someone who puts someone down or abuses them on a consistent basis