

## A little bit about us...

Our programming revolves around the idea of becoming an Upstander. The act of being an upstander is heroic. It is not suggested or expected by society. It takes incredible courage and strength. It is a sign of greatness. It is an act of love. Historic figures like Martin Luther King Jr., Emily Dickinson, Nelson Mandela, Clara Barton, and Mahatma Ghandi, made their mark on history through acting as Upstanders motivated by love of others. Our Peer Ambassador Upstander Program seeks to inspire communities, and cultivate future leaders, through a message of love, caring and kindness. Becoming an Upstander is an act of love our world greatly needs. Being an Upstander is a "HERO".

---

85% of the time, bullying will stop within 10 seconds if a Bystander becomes an Upstander in a non-threatening way.

---

### StreamCaster Challenges



**SIGNUP NOW!**  
**@ GABNOW.ORG**

# 6 Types of bullying

### Physical Bullying

Any unwanted physical contact that hurts a person

### Relational Aggression

Relational bullies often ostracize others from a group, spread rumors, manipulate situations, and break confidences.

### Sexual Bullying

Sexual bullying consists of repeated, harmful, and humiliating actions that target a person sexually.

- ◆ Examples include sexual name-calling, crude comments, vulgar gestures, uninvited touching, sexual positioning, sexting, pornographic materials.

### Verbal Bullying

Perpetrators of verbal bullying use words, statements, and name-calling to gain power and control over a target.

- ◆ Research has shown that verbal bullying and name-calling has serious consequences and can leave deep emotional scars.

### Prejudicial Bullying

Based on prejudices towards people of different race, religion, or sexual orientation.

- ◆ This type of bullying can encompass all the other types of bullying.

### Cyber Bullying

Sending unwanted pictures, messages, and/or information through an electronic medium.



---

## Peer Ambassador Upstander Program

---



**Together...**

**"We can Change the Culture of Learning"**  
by creating Upstanders.

**GAB** GENERATIONS®  
AGAINST  
BULLYING  
6550 W. Forest Home Ave. Milwaukee, WI 53220  
(414) 241.2465 [www.gabnow.org](http://www.gabnow.org) [@gabnoworg](mailto:@gabnoworg)



[www.gabnow.org](http://www.gabnow.org)



Peers Recruiting the upcoming Freshman Class

"In life I want to be a leader. As a leader I have to help and protect others that look up to me. That's what I'm trying to do as a Peer Ambassador. I'm trying to save people from getting hurt or hurting themselves. With Leadership comes responsibility and that's a responsibility I have been ready to take on for a longtime. Now that I am learning the tools and resources from Generations Against Bullying (GAB) it gives me this opportunity that I was searching for. GAB has changed my life for the better and I truly hope it continues to change people's lives for as long as it's an organization." I only dream that every school would have an Upstander Peer Ambassador Program. I think we would have a lot less bullying going on in our schools. I am looking forward to taking my new Upstander skills to college.

**Sydney Schacht, Peer Ambassador**

"I'm very thankful for GAB, without it, I wouldn't have as much strength to speak and be an Upstander."

**Sheridan Schaefer, Peer Ambassador**

## Who are GAB Peer Ambassadors?

- Elementary, Middle, & High school students
- Want to be upstanders, not bystanders
- Open-minded
- Evoke change and make a difference
- Understanding
- Empathize with a younger generation of struggling victims
- College-bound
- Interested in volunteer hours
- Leaders

### they focus on....

- Learning how to become an Upstander.
- How to Intervene in a non-threatening way.
- Courage & Self-Esteem Building.
- Team & Character Building.
- Self-Empowerment and Self-Confidence.
- Peer Leadership, Role Playing & Conflict Resolution

## What do Peer Ambassadors do?

- Work together to help change the culture of learning in their school and community.
- Work towards reducing and preventing bullying for the next generation.
- They provide a leadership role by participating and contributing their ideas in a group of their peers.
- Mentality of "for the students, by the students".
- Inspire their peers to participate.
- Create and execute events and fundraising ideas.
- Learn crucial social tools and life skills.
- Build self-confidence and learn to work towards goals resulting in an overall better experience in school.
- Have Fun!

All of our Programs teach our children how to be Upstanders.

We can help reduce:

- Bullycides- (Suicides)
- Tardiness
- Absenteeism
- Detentions
- Suspensions
- Drug Abuse
- Alcoholism
- Anxiety and Fear



This lantern represents the belief that we as humans can overcome obstacles that life puts in front of us. Each one of us possesses the energy to overcome any obstacle. We would like you to see this lantern as yourself and the light it has inside as the power you have within you to overcome life's challenges; whether they be bullying, depression, loneliness, or some other challenge that you've been eager to overcome. Though someone may try to blow out the light that shines within you, you will continue to soar throughout the sky in disregard to anybody that stands in your way.



*Peer Ambassador -Rapper Jabbari, Jesus, Michael T. & Linda Lee w/ young peer ambassadors*

**Visit for more Info:**

<https://gabnow.org/peer-ambassador-programs/>