

# Standing Up for Others

By Jolene Roehlkepartain



Many holidays throughout the year emphasize justice and standing up for others. From Martin Luther King Jr. day in January to the United Nations' World Day of Social Justice on February 20<sup>th</sup>, identify ways that you can stand up for others in ways that fit you best.

**For**  
Teen Family

**Season**  
Winter

## Needed

Bible, one copy of Helping Others in Your Own Way worksheet for each family member, a pen or pencil for each family member

## Activity Plan

1. Say this prayer aloud to begin.

*God, be with us as we stand up for others who need our support. Amen.*

2. Ask someone to read aloud Amos 5:24 "But let justice roll down like waters, and righteousness like an ever-flowing stream."

Then ask another family member to read aloud Micah 6:8 "He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"

3. As a family, talk about these questions:
  - Who do you see that gets picked on or slighted during your day?
  - How do you feel when you see someone who is not treated well?
  - Who do you admire that stands up for others?
  - What does that person do?
  - What scares you about standing up for others?
  - How can we support each other as we stand up for others?
4. Get each person in your family a copy of the Helping Others in Your Own Way worksheet. Give each family member a pen or pencil. Ask each person to read through the worksheet and circle items that appeal to them.
5. When family members finish, have them talk about which items they circled and why.
6. Have each family member choose one item they circled to start doing.
7. After a day or two, check in with family members to see how the action they said they would do is going. Talk about their experiences, their resistance, and what they can do next.

## Helping Others—in Your Own Way

***Circle the actions that you could try to stand up for someone.***

Get to know the name of someone who gets picked on.

Talk to a person who gets picked on.

Spend time with a person who gets picked on.

Stand with the person when he or she is getting picked on. Don't say anything. Just stick with the person.

Say something to defend a person who is getting picked on.

Refuse to participate when friends pick on others.

Get involved in an organization that supports a minority group.

Give money to an organization that supports a minority group.

Read more about the discrimination that a certain group faces. Most organizations have web sites with helpful information.

Practice saying what you want to say to a bully before the situation arises. Practicing builds confidence.

Find other people who agree with you about standing up for someone.

With other people who agree with you, stand up together for someone who is being picked on. It's harder for someone to pick on someone when there's a group of support around that person.

Remain calm during conflict.

Know other adults that can help you when you need it.

Reach out to other adults for help when you need it.

