

CINCY UPSTANDER PROJECT



WHAT ARE CHARACTER STRENGTHS?

HHC uses the VIA Character strengths as part of its methodology of developing and inspiring Upstanders. These 24 strengths represent the positive parts of our personality that make us feel authentic and engaged. Positive psychology research shows that applying character strengths can help:

- ☒ Build meaning & purpose
- ☒ Accomplish goals
- ☒ Manage & solve problems
- ☒ Build Allies
- ☒ Impact key causes of radicalization

BEING AN UPSTANDER



Discover your strengths and learn how to mindfully activate them when the moment calls you to action.



Be an upstander in moments of injustice. Activate your character strengths to stop an unjust or unfair situation!



Be an upstander after moments of injustice. Activate your character strengths to dismantle the systems that allowed the injustice to occur in the first place.

Discover Your Strengths

Use the following link to take the free survey and discover your strengths:

<https://www.viacharacter.org/character-strengths-via>

HOW YOU MIGHT USE YOUR CHARACTER STRENGTHS

Examples of using your character strengths to fight injustice as an Upstander



Use your BRAVERY to step in when you see someone in danger



Use your SOCIAL INTELLIGENCE to intervene in a way that ensures both you and the victim(s) are safe



Use your PERSPECTIVE to discover the systems of injustice



Use your LEADERSHIP to advocate for policies that make a difference



Use your CREATIVITY to launch an awareness campaign

HOW TO GET INVOLVED

- ☒ Use our educational resources with your community
- ☒ Bring us to your community in person or via Zoom to run a workshop or series
- ☒ Reach out to our Upstander Engagement Manager, Jake, if you have an idea! jcampbell@cincyhhc.org



DEVELOPED FOR THE WRJ SAYS STOP INITIATIVE
AGAINST SEXUAL HARASSMENT AND ASSAULT