Individuals who stand up for others and their rights. They fight against injustice and unfairness, and they use their character strengths to inspire action and become the best of humanity today.

Anyone can be an upstander, and now is the time to be one.

**HOW TO GET INVOLVED**

**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

**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
- Build Allies
- Accomplish goals
- Impact key causes of radicalization
- Manage & solve problems

**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 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