



Educator guide: “Stand Up” song

Recommended for grades:

3rd grade

Time:

3 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Students will be able to use functional health information to support health and well-being of self and others.
- Standard 4: Students will be able to use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning objectives:

After completing this activity students will be able to:

1. Name two trusted adults that they can go to if they need help.
2. State two ways to be a good friend.

Activity description:

“Stand Up” is a fun, high energy song that talks about being a good friend and standing up for those who are bullied. Students can be encouraged to get up and dance along with the song. Playing the song can be a great way to start out each day’s bullying prevention lesson or activity. The song is played with the lyrics displayed on the screen so students can follow along and sing.

The Figureheads: The Figureheads is a Parents' Choice Gold Award winning musical act providing powerful and positive messages for youth about lifelong learning, healthy relationships and personal development. For assembly and workshop or artist residency booking, contact Jeremy at figureheadsinc@gmail.com or 414-520-3275 or [Facebook.com/figureheadsinc](https://www.facebook.com/figureheadsinc).



Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the “Stand Up” song activity. You may choose to use this list in any way that fits your needs.

- Bullying – when a person hurts another person on purpose, usually repeated over time and there is usually a difference in power
- Feelings – emotions such as being happy, sad, excited, scared or angry that can change throughout the day
- Friend – someone who supports you, who will like you for who you are and who is there to help when you need them
- Trusted adult – a grown-up you can go to for help either at school, home or other safe place

“Stand Up” lyrics

Chorus:

I am not okay
With somebody that acts that way
I will be a friend and stand up no matter what people say
I am not okay
With somebody that acts that way
I will be a friend and stand up no matter what people say
A friend is kind will stand behind
Anybody who’s being bullied at any time
A friend is ready to stand up steady
So everybody be a friend and sing with me
A friend is kind will stand behind
Anybody who’s being bullied at any time
A friend is ready stand up steady
Everybody be a friend and sing with me

I am beginning to learn
About just how I can turn
A whole situation around
Like making a smile from a frown
I make fun instead of making fun of
Somebody else instead I show love
When somebody wants to start trouble
I just walk away on the double
Talk to a teacher a trusted adult or a parent
I don't care who's staring
I'm gonna stand up and be assertive
I'll not be afraid to make myself heard
Cuz

Chorus

I am beginning to learn
How to be kind how to be firm
And how to be a good friend
And to invite somebody else in
That's feeling left out
I'm gonna step out
I won't back down I'm gonna act now
Say hi and see if they want to play



Just ignore what a bully's gotta say
Take a deep breath and I count to ten
Then I'm gonna go play with my new friend
And if a situation like that happens again
I'll do what it takes to speak up for them
Cuz

Chorus



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