

STAND UP TO BULLYING FROM #DAY1

Dear Upstander,

We are on the homestretch of our [Million Upstander Movement](#), with only 3 more months to achieve our goal... we are oh so very close! As of the end of June, we currently have 894,000 people who call themselves Upstanders! A person who promises to actively stand up and speak out when they see someone else being targeted, humiliated or bullied.

It is certainly not always easy to be an [Upstander](#), it is a decision you need to constantly be thinking about. How can you help someone who is being targeted without coming into harm's way yourself? There is no standard or easy answer to that question, each situation may even have various acceptable approaches, but the **3 key components** are to interrupt, report and reach out.

Interrupt if you feel safe doing so, or if you know the people involved. If you do not feel safe, or if the interruption did not change the behavior, then be sure to **report** the situation to a **trusted person of authority**, especially if you are a young person. And most importantly be sure to **reach out** to the target to check on them, make sure they know where their resources are, and to show them that they are not alone... that you are there for them!

It is important to be an Upstander in all the spaces and places we live our lives, online or offline, in our schools, workplaces, or faith communities, and even in the voting booth.

For myself, as a mom and a person of deep Christian faith, the way I express being an Upstander is to stand up and speak out against the harmful teachings and traditions of dogma, bias and discrimination that devalued Tyler's spirit and caused so much harm and destruction to our family, leaving our family broken and destroyed. I want to make sure that everyone knows that they are loved and that they are not alone.

That is why we have started our letter writing campaign to Pastors from the Southern Baptist Convention in order to illuminate the horrors and harms of their teachings. We want them to **stop teaching that being gay is a sin** and **issue an apology** for all the harm and pain they have caused. Just as they, the SBC, did in 1995 when they **apologized for the role they played in the inhumane practices of slavery and segregation, now is the time to acknowledge the immense harm and pain that their misguided interpretation of Scripture has caused to the LGBTQ community and their families.**

You can read the past 2 weeks letters [here](#). Stay tuned and check out our website every Wednesday to see who will be next! If you have been harmed by church teachings or doctrine please reach out to me. Our **Letters of Affirmation** will live on our [website](#). We will also be making the letters public on our [Facebook](#) and [Instagram](#) accounts as well as on [Twitter](#) so keep your eyes open so you can **help us amplify our message by liking, commenting and re-sharing our posts.**

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Please help us get to **1 Million Upstanders by October 2020**, share our message with your friends and encourage them to go to our website and pledge to be an [Upstander](#). And if you like the work that we are doing consider helping us to start our fiscal year off in a positive direction, by [donating](#) today, the first day of our fiscal calendar!

My hope is that you are always respectful to everyone you encounter online and offline, especially in this moment of physical distancing. You can show respect by always wearing a mask when in public spaces, giving everyone space by staying 6 feet apart, and washing your hands as often as possible.

Please stay safe and healthy and enjoy your holiday weekend!



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pronouns: she/her/hers