

FAMILY & EDUCATION
ACTS OF KINDNESS

UPSTANDING STUDENTS

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One of the ultimate acts of kindness a student in middle school can do is to stand up and protect another student.

At The De La Salle School in Freeport, one such great act took place when six students came to the defense of a classmate who was being targeted by three fellow students. These six students stood up for their classmate

by telling their teacher what they knew and wanted to stop.

It is said that there is strength in numbers, but still it takes great courage in today's schools for students to stand up against the class bullies. These six young men did just that, and in doing so changed another student's life.

The six students didn't stop there. When sitting and reflecting on their actions, they spoke of the term given to a person who tells on another, the word "snitch." They thought that the act should be made into a positive



These De La Salle students are encouraging their classmates to stand up to bullies.

experience to empower students to do the right thing.

So together, every day at lunch they set out to do just that, to come up with an acronym that would encourage other students to stand up for their

classmates, too. The end result of this conversation was the acronym Standing Protecting Empowering Actions of Kindness Uniting Peers (SPEAK UP).

The students designed a poster to

display the acronym for students of the school to have as a daily reminder. The words SPEAK UP are now displayed in the hallway and assembly room, as a simple and daily reminder for all students to follow.