Josh, back to school, really?

Shut up. Are you excited to go to school?

Mmm, I sort of know, actually.

Why aren’t you excited to see your friends in person again?

I mean, school is really weird. What do you think?

We haven’t been in school in over a year.

Yeah, I don’t like being home all the time. I’m sure we all miss being home, but like, what is life now?

I completely understand. You’re not sure what to expect, right?

It’s okay to have weird feelings.

You’ve been struggling this first week.

We all have. I know how hard it is that you didn’t have what you wanted to feel.

Maybe you should check in with your feelings to see how you’re doing.

Yeah, that’s a good idea. I might up online today anyway.
2021 Captain Compassion® Comics
Week 2: Cyberbullying

WHAT UP, ZOEY? HEY, ORI. LET'S WAIT FOR THAT NEW PLAYER WE MET.

I THINK HER NAME IS XIA. RIGHT? SHE SAID SHE WAS GOING TO GET ONLINE, TOO.

XIA IS COOL. CAN YOU BELIEVE SHE'S GONNA BE AT OUR SCHOOL WHEN WE GO BACK?

UH, I DON'T WANT TO THINK ABOUT BACK TO SCHOOL.

WHAT'S UP?

WHY IS HE WEARING A MASK?

WILL, LOOK WHAT I FOUND.

YOU WANT TO PLAY OR YOU WANT A SWEAT?

I'M NOT PLAYING WITH ANYONE WHO TAKES YOU TO XIA LAST TIME.

WHY NOT?

I BETTER SO GET MY MASK ....

Um ... does that mean what I think it means that we're gonna go play hide and seek with XIA last time.

I SHOULD SAY SOMETHING LAST TIME THIS HAPPENED, I SAID DON'T SAY THAT ....

WHY WANT SOMEONE ELSE GET IT?
Week 3: When Bullying Happens at School

FIRST DAY OF SCHOOL
I CAN'T BELIEVE WE'RE BACK.

Yeah, it feels weird.

Hey, there's Xia. Let's go say hi.

Hey, I'm sorry. I didn't say anything about you, you know...

Yeah, me too.

Whatever. It's fine.

No, it's not. We're your friends.

Yeah, we've dealt with bullying before, and we promise to stand up for you if it happens again.

I heard she's from China. Better keep your distance.

Hey, don't laugh. That's not funny.

I have to go...

Wait, Xia!

Is everything okay?

Xia got bullied and I froze.

It's hard in times of stress to know what to do, but you know how to be an upstream freezer happens.

It's how you recover from that moment that counts.

Always remember, kids, when people recognize, report, and refuse bullying, they can really make a difference.
Hey, what you said wasn’t cool.

It was a joke. Calm down.

It wasn’t a joke. You hurt our friend.

Geez, relax.

How would you feel if someone said that to you?

And no one should be laughing. How do you think it makes us feel when you all laugh?

I didn’t say anything. I was just laughing.

Yeah, don’t blame us. We didn’t say anything.

Exactly. You didn’t say anything, and you should’ve. We should all stand up when someone is being bullied.

I mean, what are we supposed to say?

Okay everyone, let’s get started.

Let’s reactivate our upstander power after class.
Week 5: Upstanders Unite

Later that day at school...

Listen, about what happened in class today...

I know it can be tough to stand up when someone is being bullied.

But by recognizing bullying, you've already started activating your upstapder power.

It's our ability to be part of the solution if we see bullying or know it's happening, but it doesn't always mean speaking up in the moment.

There's another powerful way to activate your upstapder power... reporting.

Yeah, reporting bullying to an adult you trust can help prevent future bullying.

Mr. Mac, Xia was bullied by a student in class earlier today.

Thank you for telling me.

I'll make sure Xia is doing okay and I'll talk with the student so this doesn't happen again.

I heard what you said.

Thank you.

The things that kid said weren't kind.

I know what it's like when that happens. It does hurt. I'm sorry that happened to you.

I'm glad we could help using your upstapder power is easier when you know you're not alone.

Keep spreading your kindness to the world. Upstapder powers within all of us!