

KEEP THE STORY GOING

WHO WE ARE: HEROES & BULLIES

The Everyday Hero Challenge

What kind of hero will you be?

A reader challenge for curious middle-schoolers

The Hero Question

Heroes are easy to recognize in comics and movies. Real life is harder. Courage can look loud, quiet, planned, accidental, frightened, ordinary, or very small.

Five people I think are heroes

They can be famous or completely unknown. Beside each name, write WHY.

1. Superpower or Choice?

- Standing beside someone being picked on
- Admitting you were wrong
- Helping when nobody will know
- Asking for help
- Telling the truth when it costs you something
- Listening instead of trying to win

Which one requires the most courage from you?

Why?

2. Inherited Courage

Interview a parent, grandparent, neighbor, teacher, coach, or older friend. You are collecting a story worth keeping.

Who was your hero when you were my age?

What is the bravest thing you have ever done?

Who taught you courage?

Was there a time you were scared and acted anyway?

What story from your life do you hope someone remembers?

3. The Bully / Bystander / Upstander Map

A difficult moment can contain more roles than just 'bully' and 'victim.' Think about a fictional or real situation without naming anyone.

What happened?

Who had power?

Who watched?

What could an upstander safely do?

Who could ask an adult for help?

4. Seven Days of Everyday Heroism

DAY 1 - NOTICE

- Pay attention to who is being left out.

What happened? _____

DAY 2 - INCLUDE

- Invite someone in.

What happened? _____

DAY 3 - DEFEND

- Interrupt cruelty safely or get help.

What happened? _____

DAY 4 - HELP

- Do something useful without needing credit.

What happened? _____

DAY 5 - LISTEN

- Give someone your full attention.

What happened? _____

DAY 6 - THANK

- Thank someone whose everyday work is easy to overlook.

What happened? _____

DAY 7 - BE BRAVE

- Do one right thing you have been avoiding.

What happened? _____

5. Write Your Hero Code

Choose five rules you want to live by when a moment asks who you are.

Rule 1

Rule 2

Rule 3

Rule 4

Rule 5

Courage is not a costume. It is a choice.