

Handout

Map the Internal World of an Upstander

Instructions: People have different ways of understanding and engaging with the world around them. Discuss the questions that are relevant based on what you know about your chosen upstander/civic actor's identity. Record your ideas on the next page. **Make sure to include evidence from texts and resources that you have examined.**

1. What This Person Thinks

- a. What does the person think about themselves?
- b. What do they think about other people around them?
- c. What do they think about their community and the world around them?

2. What This Person Perceives

- a. What does this person see in the world around them?
- b. What messages do they hear or receive about themselves from other people?
- c. What messages do they receive about themselves or groups to which they belong from the media or their society?

3. What This Person Communicates

- a. What does this person say, sign, or communicate to others that they know well?
- b. What do they say, sign, or communicate to people that they don't know well?
- c. What are things that this person may want to communicate but doesn't?

4. What This Person Feels

- a. Who or what does the person care about?
- b. What does the person feel?
- c. What does the person want for themselves, others, and/or the world?

5. What This Person Does

- a. What does the person do that brings purpose or meaning to their life?
- b. What does the person do or want to do to help the people or causes they care about?
- c. What skills, talents, resources, or tools does the person have that they can use to help other people or causes they care about?

6. What This Person Wants

- a. What are the person's short-term and long-term goals?

**Upstander/Civic
Actor's Name:** _____

Thinks

Sees and Hears

Says

Feels

Does

Wants

1. What new, different, or deeper understanding do you have about your chosen person, their internal world, or the world around them?

2. What questions does this activity raise for you?