

Upstanders Training



A strong campus community takes care of its members. That's what Upstanders do – take care of the community. Increase your confidence in your ability to help others on and off campus with mental health, harm reduction and bystander intervention trainings.

Trainings to complete Upstanders includes 20 hours of mandatory trainings, as well as four hours of activities of your choice.

Upstanders is a UCalgaryStrong initiative.

Required trainings	Optional training
Bystander Intervention Training	Inclusive Event Planning
Safer Substance Use: Harm Reduction	Intercultural Conflict
Question, Persuade, Refer (QPR)	Style Inventory
The Inquiring Mind	Responding to Students
Naloxone Kit Training	in Distress Applied
The Helping Skill	Suicide Intervention
Ethics of Helping	Skills Training (ASIST)
The Comment Section: Addressing Online	Standard First Aid
Harassment	