Upstanders are those who stand up for others and their rights. They fight for justice and fairness, and they use their character strengths to inspire action and become the best of humanity today. Anyone can be an upstander!

From West Chester to College Hill to OTR, murals across our region highlight local upstanders and the character strengths that help them make their communities better.

Once you’ve explored all of the murals, visit us at Union Terminal to learn more!

Through generous funding from the Carol Ann and Ralph V. Haile, Jr./U.S. Bank Foundation and creative support from the AGAR agency, the Cincy #UpstanderProject aims to inspire our community to become upstanders through a city-wide art campaign, monthly programs, museum tours, giveaways, and training opportunities.
Explore the quote:

“Don’t be afraid to express yourself. Be a free thinker.”

Think of a time from your recent past when you wish you had expressed yourself instead of holding back. If you could go back, how would you change it?

Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Read the whole quote on the mural from Kick Lee, and consider the following:

   Why is it important to balance being creative and being considerate? How can creativity and consideration for others help you be a better upstander?

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1801 Race Street
Near the French Crust Café and the corner of W. Elder St. and Elm St.
Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. The author Veronica Roth (Divergent) once said “A brave man acknowledges the strength of others.”

How would you explain this idea in your own words? What does this quote tell you about the different ways that bravery can look?

1301 Main Street
Near the corner of E. 13th St. and Main St.
Explore the quote:

“When I was young, I admired clever people. Now that I am old, I admire kind people.”

Who is a kind person that you admire? What else do you admire about them?

Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Read the whole quote on the mural from Rabbi Heschel, and consider the following:

When trying to be an upstander and make the world a better place, how can being kind be just as important (or even more important) than having a clever way to solve a problem?
Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Upstanders stand up for the rights of others, use their character strengths to inspire action, and fight injustice and unfairness.

Based on these attributes, talk to a friend or family member to identify times when you both have been upstanders. What were you fighting for? It can be a small or big example, but all upstanders make the world a better place!

7100 Foundry Row

Liberty Center – Near Old Navy

#CincyUpstander | #UpstanderProject | www.holocaustandhumanity.org
Edith Carter

Explore the quote:

“Everybody... has the obligation to contribute.”

Why is it important for everyone to give something back to their community? How does that make us all stronger?

Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Read the whole quote on the mural from Edith Carter, and consider the following:

   What is your top character strength? How can you use that character strength to make the world a more positive place? Be specific about the change you think you can make.

7100 Foundry Row
Liberty Center – Near Pies and Pints

#CincyUpstander | #UpstanderProject | www.holocaustandhumanity.org
Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. What’s your favorite way to demonstrate your creativity? Even you aren’t an artist, there are so many other ways to be creative.

   Are you a cook? An athlete? A gamer? Do you solve problems in different ways than other people would?

   These are all avenues for creativity. Find your pathway so you can keep putting your creativity out into the world!

418 E. 12th St.
Levering Alley
Explore the quote:

“I feel like I must do this for my children, for your children and their children.”

Why is it important for children to be supported by adults? How can children make change in the world?

Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Read the whole quote on the mural from Shakila Ahmad, and consider the following:

   When Shakila talks about doing whatever she can to make a difference, she is discussing her strength of **perseverance**. When have you used perseverance to fight for something in your life?
Explore the quote:

“Nobody’s free until everybody’s free.”

What does this quote mean to you? How is your freedom related to the freedom of others in your community?

Engage and Consider:

1. Take a selfie with the mural. You’ll need it later!

2. Read the whole quote on the mural from Fannie Lou Hamer, and consider the following:

What other upstanders do you know who put the rights and freedoms of other people ahead of their own? What character strengths do they have in common?
Keep Exploring:

See if you can find these upstander stories featured in our galleries!

Spotting Strengths:

Where do you see examples of creativity and bravery throughout the galleries?

#CincyUpstander | #UpstanderProject | www.holocaustandhumanity.org
Tell your story:

Now that you’ve completed your exploration, it’s time for you to make your own Upstander mural! Whether you make it electronically or on paper, think about including some of the following elements:

- A quote that describes or inspires your activism – see above for an example of how to start
- Your picture – an image file or a self portrait would be great
- Part of your story – how do you make a difference in your school, family, community, or your group of friends? What makes you an upstander?

Spread the word:

It’s time to share your mural! Use the social media tags #CincyUpstander and #UpstanderProject to show off your own mural and your selfies with our other Upstander murals throughout the region. Thanks for joining us on this adventure!