

Register Here

UPSTANDER

Hybrid Didactic + Interactive Workshop

May 8, 2026, Noon – 4pm | Rangos Auditorium & Teams

Lunch provided for those who attend in-person

Becoming an **UPSTANDER**:
Action Tools to Create a Safe,
Inclusive Environment



AIMS:

- Acquire actionable tools to implement in the face of bias, prejudice and microaggressions
- Build strength to SPEAK UP
- Skills may be used from the witness or victim perspective but the main focus is on others to address the injustice
- Lift the burden from the victim
- Become an ally while overcoming pitfalls of allyship
- Become an UPSTANDER and change culture and policy
- Help create a more diverse, equitable, and inclusive environment for ALL

Contact Savannah Rider with questions: riders@upmc.edu

*This activity is approved for the following credit: AMA PRA Category 1 Credit™, ANCC, ASWB, and AAPA Category 1 CME. Other health care professionals will receive a certificate of attendance containing the number of contact hours commensurate with the extent of participation in this activity.