



The Raab/Goodwin Junior *Upstander* Award

We have all witnessed acts of prejudice and unkindness. So much of the time, it is easier for us just to look away. But what does it take to be an *Upstander*, to disrupt the negative action and show kindness, especially for someone different from us? Fourth and fifth grade students are just beginning to grapple with these tough questions. The Raab/Goodwin Junior *Upstander* Award is a chance for these students to tell their story of being an *Upstander*.

Being an *Upstander* can take many different forms for kids. For example, they might have the opportunity to share their dessert with a new student at their school or become friends with a student of a different race or religion through their Girl Scout or Boy Scout troop. Perhaps they volunteered to visit the elderly through their church, synagogue, mosque, or temple. All of these could be great stories to tell. All stories must be verified by an adult sponsor.

This award is designed to promote the Raab/Goodwin Center's mission to reduce prejudice and lessen hatred, bigotry, bullying and violence against all groups.

Directions:

What is an *Upstander*?

To be an *Upstander* means to do acts of kindness, thoughtfulness, selflessness, and good citizenship. This can include both words and actions.

Here are some suggestions:

A time that you....

- Helped someone different from you
- Stood up for someone who needed support
- Stopped someone from bullying and being mean
- Went out of your way to include people
- Encouraged or showed kindness and understanding of someone else's situation
- Moved from being Bystander to becoming *Upstander*
- Any other way that you demonstrated kindness and good citizenship

How to tell your story:

Tell your story of what happened. If you need some help to get started, think about the questions below. You don't have to answer them in order, and you should not include the questions in your writing. You should write in complete sentences and paragraphs.

- What happened?
- Who was involved?
- Where were you?

- When did this happen?
- What are some details you remember?
- Why did you decide to act this way?
- What change did this bring?
- What did you learn from this experience?

Rules of the Contest:

- Students must write 1-2 pages, double-spaced, telling of a time when they acted as an *Upstander*.
- Both type-written and handwritten work will be accepted
- **This final submission must be the student's own work done on an individual basis and not as part of a class assignment.** Teachers may allow students to work on their submission during class time, so long as it is *not* a required assignment.
- Each submission requires signatures from:
 - The student
 - A sponsor (teacher, religious leader, activity leader, etc.)
 - The parent/guardian

Award Eligibility:

- Students must be in 4th or 5th grade
- Students must be from Burlington, Camden, or Gloucester County
- An adult sponsor must verify the details of the story
- Adult sponsors may be teachers, principals, religious leaders, or activity/club/troop leaders

Award Details:

- First place:
 - \$50 gift card for student
 - Certificate
 - \$100 gift card to classroom (or other sponsoring organization)
- Runners up: Lesser gift card prizes and certificate
- Application Deadline: April 30, 2026
- Students will be notified by June 5, 2026
- Award winners will be recognized at the Raab/Goodwin Appreciation Event on Tuesday, June 23, 2026. Family and sponsors are invited to be present.

Submission Information:

Mail to:

Esther Raab Holocaust Museum and Goodwin Education Center
 1301 Springdale Road
 Cherry Hill, NJ 08003

OR

Email to: hkirschbaum@jfedsnj.org

Questions?

Contact Helen Kirschbaum:
 856.751.9500 x1249
hkirschbaum@jfedsnj.org



Raab/Goodwin

Esther Raab Holocaust Museum
& Goodwin Education Center

Raab-Goodwin Junior *Upstander* Award –
Students must be in 4th or 5th grade

Application

Cover Sheet

Please submit this cover page along with your attached submission by mail or email.

Submission Information:

Student's Name: _____ Student's Grade: _____

Home Address: _____

City, State, Zip: _____

Phone: _____

My signature means that the things I wrote about in my story actually happened.

Student Signature _____

Parent Signature _____

Parent Email: _____

Name of School or other sponsoring organization:

School/organization address: _____

City, State Zip: _____

School/Org Phone: _____

Faculty/Organization Sponsor Name and Title: _____

Sponsor's Phone: _____

Sponsor's Email: _____

Sponsor's Signature _____