LO: To understand there is a difference between supporting people publicly and privately.

Recap- What do these words mean?

agressor target bystanders

- There's the aggressor, or person(s) doing the bullying.
- There's also someone being bullied - the target.
- There are witnesses to what's going on, usually called bystanders.
- There are witnesses to what's going on who try to positively intervene, often called upstanders.

When you see someone being mean to another person online - making them feel embarrassed or left out, making fun of them, disrespecting them, hurting their feelings, etc. - you always have choices. First, you can choose to be an upstander instead of a bystander by helping the target. Second, if you choose to be an upstander, you have options for what kind of action you take.

What actions could we take?

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Now, not everybody feels comfortable standing up for others publicly, whether online or in the school lunchroom. If you do, go for it! You can...

- Call out the mean behavior (not the person), saying it's not cool.
- Say something nice about the target in a post or comment.
- Get friends to compliment the target online, too.
- Offline, you can invite the person to hang out with you on the playground or sit with you at lunch.

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If you don't feel comfortable helping out publicly, that's fine. You can also support the target privately. You can...

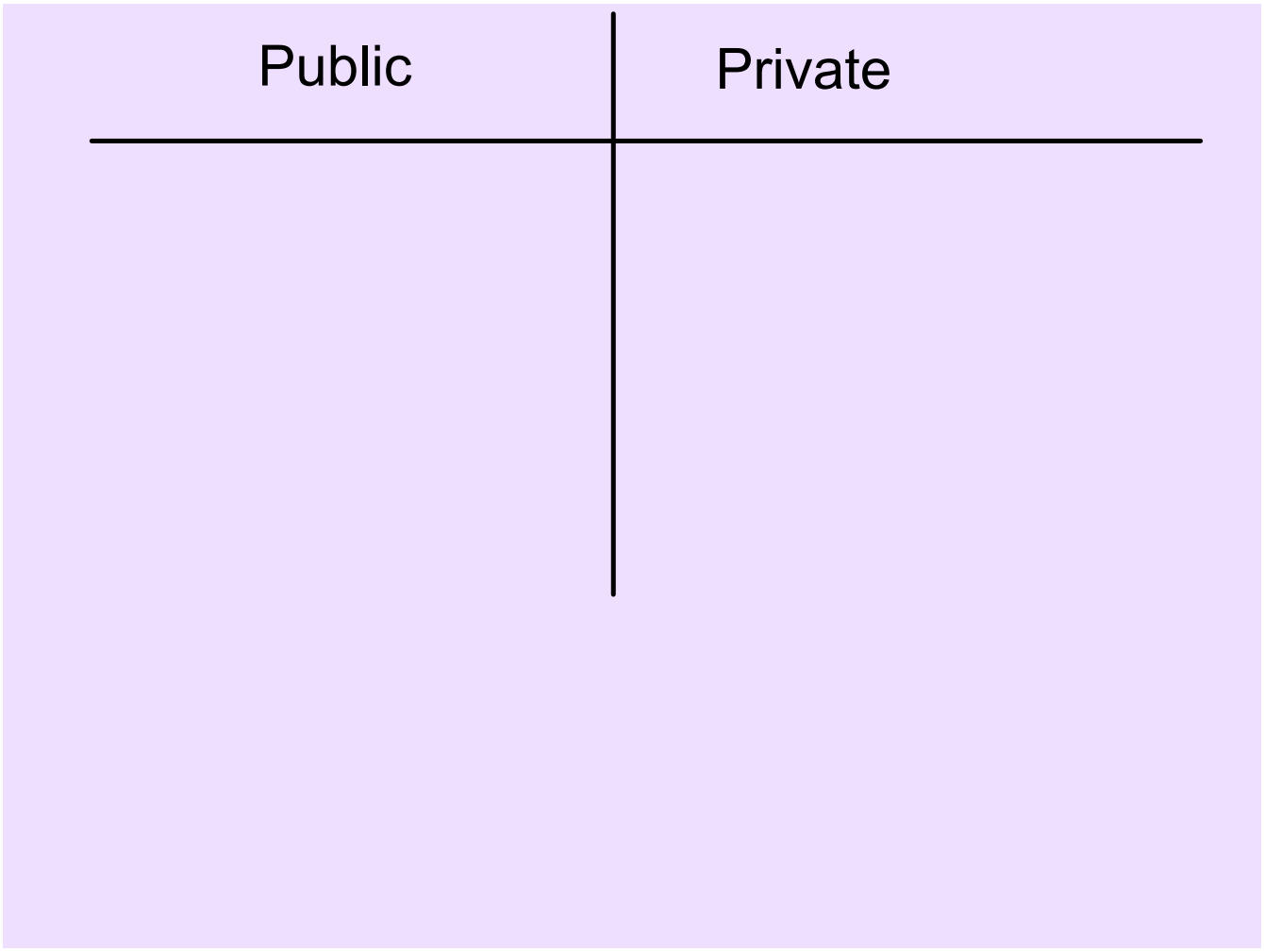
- Ask how they're doing in a text or direct message.
- Say something kind or complimentary in an anonymous post, comment, or direct message (if you're using media that lets you stay anonymous).
- Tell them you're there for them if they want to talk after school.
- In a quiet conversation in person or on the phone, tell them you thought the mean behavior was wrong and ask if they feel like talking about what happened.

Let's try be an upstander...

Discuss each scenario with your partner and write down your ideas on how to be an upstander on post it notes.

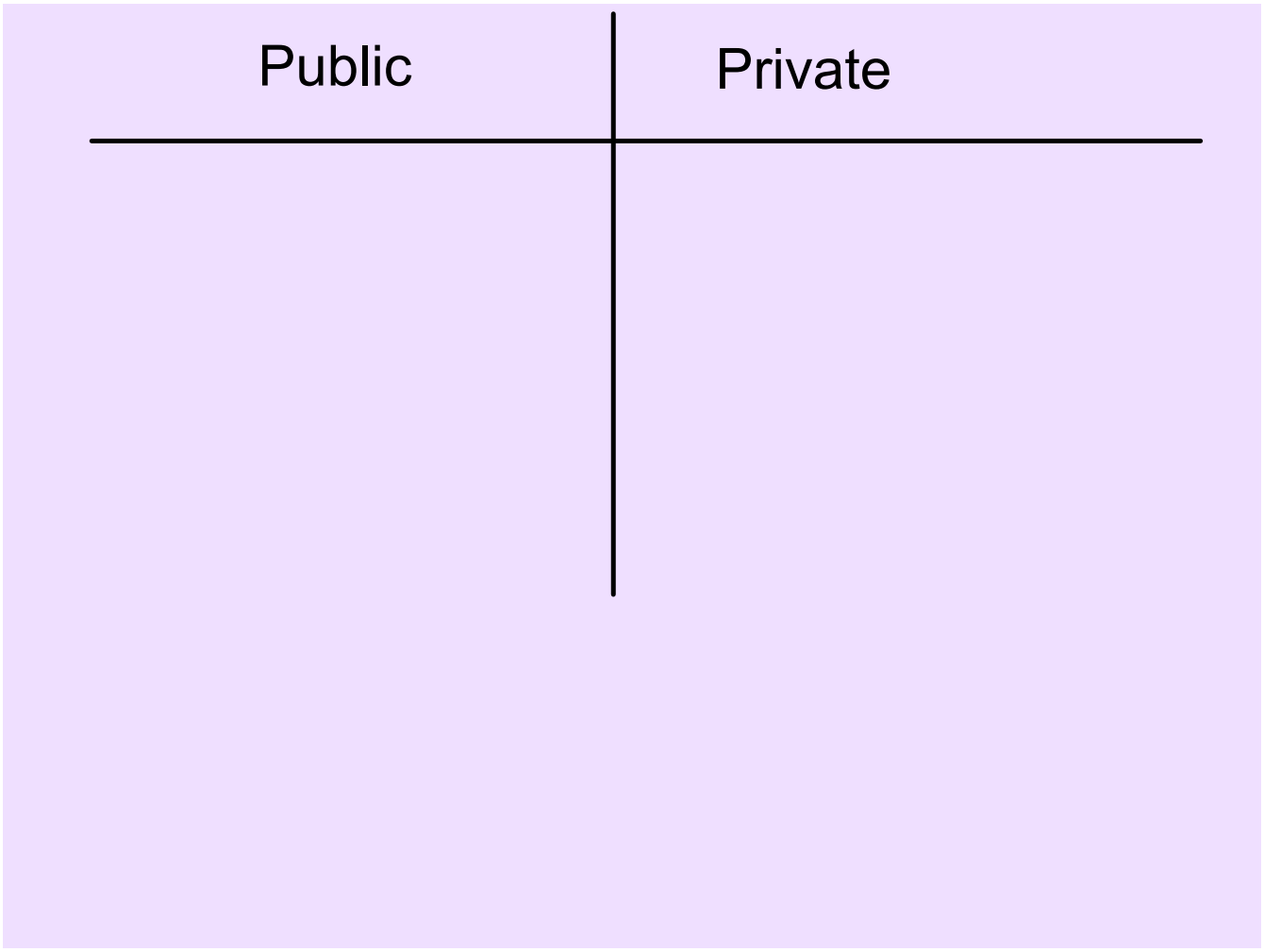
A student posts a video of themselves singing a cover to a famous pop artist's song. Other students start posting mean comments under the video. What do you do to support the student who posted the video?



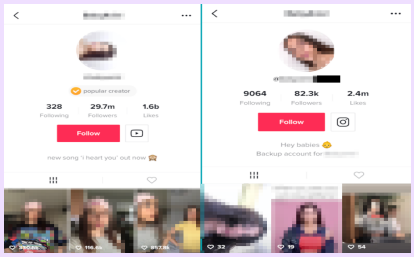

Public
Private

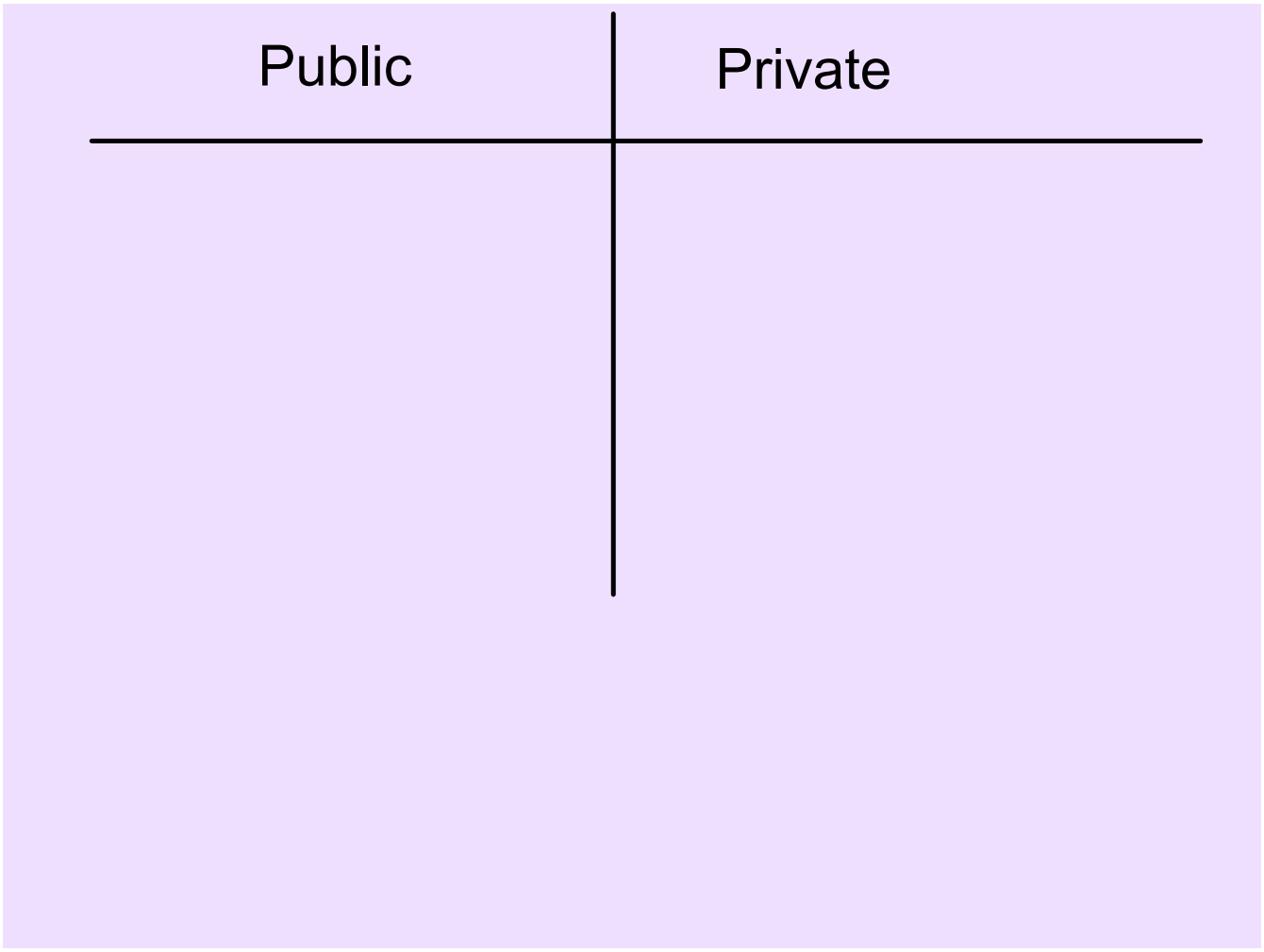
A student sends another student a screenshot of a comment your friend posted and makes a nasty joke about it. The screenshot gets reposted and goes viral at school. What will you do to support the student whose comment was screenshotted and shared?




Public
Private

You find out that a student at your school created a fake social media account using another student's name and posts photos and memes that say mean things about other students, teachers, and the school. What do you decide to do to support the student who's being impersonated in this mean way?




Public
Private



Lots of times when you see somebody being hurt or harassed, you want to help but you don't always know what to do. You now know many ways to help the target - and that you have options for supporting them in ways that you're comfortable with. You have the power to help people in a way that works for you!