



Being an Upstander Online

Support the person to take action: screenshot, seek help & report

Hey, are you alright? What they posted was not OK!

Send a DM of support

**Call it out online
(If you feel safe & brave!)**

This is not OK

Shift the focus of the chat with a fun/silly or off-topic message

Talk it through with a trusted adult or Kids Helpline

**Report it yourself
(anonymously)**

**Reach out directly to the person causing the harm
(if it is safe to do so)**

Hey I know you're trying to be funny but it's actually hurtful.

Just letting you know I'm taking a break from this group chat.

Take a stand, make it clear to your friends you won't be part of it