

One Share, a Whole School: A Guide for Families

Your teen took part in a lesson on the impact of sharing: how a clip or a joke can turn into a pile-on, and how one person can change the direction of a group.

What your teen learned

Pile-ons rarely start with one big decision. They grow from many small taps: post, forward, react, comment. Each feels small to the person tapping, but they all arrive at once for the person targeted, and the impact follows them into school and home. Your teen learned that “it was already online” is not permission, and a quick check before sharing: **Consent. Impact. Purpose. If unsure, don’t spread it.** They also learned what an upstander can do.

If your teen is being targeted

- **Listen, and don’t blame.** Say: “I’m glad you told me. You don’t deserve this.” Avoid taking their phone away as a punishment; it can stop them telling you next time.
- **Save the evidence.** Screenshot posts, comments, usernames and dates.
- **Report and block** using the app’s tools, and tell the school so it can follow its anti-bullying policy.
- **Watch their wellbeing.** Changes in sleep, mood or wanting to go to school can be signs. The National Lifeline 1564 offers support 24/7.

If your teen joined in

- Stay calm. Help them see the impact, and the steps to change course: delete it, stop forwarding, apologize, and check on the person.

Conversation starter

- “Have you ever seen a joke in a group chat go too far? What would make it easier to say something?”

Before you tap “share”

1 Consent

Did the person agree to this being shared?

2 Impact

Could it embarrass, expose or target them?

3 Purpose

Am I helping, or feeding the crowd?

4 If unsure

Don’t spread it.

Where to get help

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance:
laraa@laraa.org

112

Internal Security Forces, if someone is in danger or threatened

Report tools (in every app): Most apps let you report a post or account that bullies or humiliates someone. Save the messages first.