



CARD 1 · GROUP CHAT

Just a funny clip

At 8:12, someone posts a short, embarrassing clip of Maya tripping in the cafeteria. Jad forwards it to his football group: "lol look 😂".

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 2 · SOCIAL MEDIA

Just a reaction

Someone posts a photo of a classmate asleep on the bus, captioned "loser". Nour adds a 😂. "It's just a reaction."

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 3 · GROUP CHAT

Not my business

In a class group, people are mocking a new student's accent in voice notes. Maya closes the app. "Not my business. I didn't post it."

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 4 · UPSTANDER

Delete this

When the clip of Maya reaches his group, Karim writes: "Delete this. It's not funny." Two people reply: "yeah ok, fair."

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 5 · SOCIAL MEDIA

It was already online

Nour posted something personal to her close-friends story. A classmate screenshots it and reposts it publicly: "She posted it, so it's fair game."

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 6 · UPSTANDER

Are you okay?

Maya sees a pile-on in the comments under Nour's photo. She messages her privately: "I saw what happened. Are you okay?"

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 7 · GROUP CHAT

Someone else will

Thirty people are in the chat while the jokes about a classmate keep coming. Karim thinks: "Someone else will say something."

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on



CARD 8 · CHANGING COURSE

Changing course

Jad forwarded the clip of Maya that morning. At lunch he sees her face. He deletes it, asks his group to delete it too, and tells Maya he's sorry.

TALK ABOUT IT

- Upstander move, standing by, or feeds the pile-on?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstander ☐ Standing by ☐ Pile-on