

One share, a whole school

Name: _____

Class: _____

1. Warm up

The moment the joke turned hurtful was when...

Someone could have changed it by...

2. Upstander move, standing by, or feeds the pile-on?

Before you share: Consent. Impact. Purpose. If unsure, don't spread it.

Upstander move

It reduces the harm or supports the person.

- "Delete this. It's not funny."
- Not forwarding
- Removing your reaction
- Checking on the person
- Telling a teacher
- Changing course

Standing by

Not joining in, but not helping either.

- Saying nothing
- Closing the app
- "Not my business"
- "Someone else will say something"
- Watching to see what happens
- Laughing quietly

Feeds the pile-on

It spreads the hurt further.

- Posting without asking
- Forwarding
- 😏 reactions
- Mocking comments
- "It was already online"
- "Don't be so sensitive"

Quick check: tick the zone for each situation

Situation	Upstander	Standing by	Pile-on
Forwarding a clip "because it was already online"	☐	☐	☐
Adding a 😏 to a mocking post	☐	☐	☐
Saying nothing and closing the app	☐	☐	☐
"Delete this. It's not funny."	☐	☐	☐
Messaging the person: "Are you okay?"	☐	☐	☐
"Don't be so sensitive."	☐	☐	☐

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Upstander move ☐ Standing by ☐ Feeds the pile-on

How might the person being targeted feel?

Which small taps are adding to the harm?

What is the smallest, safest thing that would help?

Who could help?

Card number: _____ ☐ Upstander move ☐ Standing by ☐ Feeds the pile-on

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Who could help?

Write an upstander message

Card number: _____

In the group chat, I would write

Privately, to the person affected, I would write

I can... (tick what you feel sure about)

- ☐ I ask before sharing photos or videos of other people.
- ☐ I don't forward clips that embarrass someone.
- ☐ I don't add reactions to mocking posts.
- ☐ I can write: "Delete this. It's not funny."
- ☐ I can check on someone privately.
- ☐ If I get it wrong, I can delete it and change what I do next.

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.

Exit ticket

One small tap that can add to a pile-on is...

Before I share a photo or video of someone, I will ask myself...

If I saw a pile-on, one safe thing I could do is...

Being targeted, or worried about someone? Talk to your school counselor or a trusted adult. The National Lifeline 1564 (24/7), LARA: laraa@laraa.org, or 112 if someone is in danger.