

The Crowd Can Change the Story: A Guide for Families

Your teen took part in a lesson on being an upstander online, and on helping their school make online spaces safer.

What your teen learned

When someone is targeted online, everyone watching has a choice: join, watch or upstand. Your teen learned safe ways to upstand, such as not liking or sharing, checking in privately, reporting, and getting backup from an adult, and that they never have to put themselves in danger. They also learned not to repost hateful content, even to criticize it, and how young people can push for better rules and norms.

How you can help

- **Praise small acts.** A private “are you okay?” or a quiet report is real courage.
- **Be the backup.** Let your teen know they can come to you if something online worries them.
- **Support their ideas.** If they want to start a campaign or talk to the school, help them do it.
- **If your teen is targeted,** save the evidence, report it, and contact the school. The National Lifeline 1564 offers support 24/7.

Conversation starter

- “Have you ever seen someone stand up for another person online? What made it easier, or harder?”

The 10-second upstander check

1 Harm?

Is someone being harmed, not just “is it funny?”

2 My tap?

Will a like, share or comment add to it?

3 Safest move?

Private support, report, or speak up?

4 Backup?

Do I need an adult, moderator or staff member?

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, comment or account that bullies, humiliates or spreads hate.