



CARD 1 · SOCIAL MEDIA

Just a like

Under Jad's new drawing, someone comments: "this is so bad lol 😊". Nour taps like on the comment without thinking.

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 2 · SOCIAL MEDIA

Scroll past

Karim sees the comments piling up on Jad's post. He feels bad, then keeps scrolling.

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 3 · UPSTANDER

"Are you okay?"

Maya messages Jad privately: "I saw those comments. Your drawing is good. Are you okay?"

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 4 · SOCIAL MEDIA

"Look how awful"

Karim sees a hateful post mocking people from another country. He reposts it with "look how awful this is 🤡".

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 5 · UPSTANDER

Not safe to speak up

The people mocking Jad are older students who have threatened others before. Nour reports the comments quietly and messages Jad privately.

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 6 · GROUP CHAT

"Stop tagging him"

In the class group, people keep tagging Jad in jokes. Maya writes: "This has gone too far. Stop tagging Jad." Someone agrees. Then another.

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 7 · SOCIAL MEDIA

Arguing in the comments

Karim writes long, angry replies to everyone mocking Jad. The thread gets longer and more people see it.

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join



CARD 8 · SCHOOL

The poster campaign

After what happened to Jad, Maya and Karim ask the principal for a reporting route students actually understand, and make posters: "Don't forward. Don't expose. Check consent."

TALK ABOUT IT

- Upstand, watch, or join?
- How might each person feel?
- What could they say or do?
- Who could they ask for help?

☐ Upstand ☐ Watch ☐ Join