

The crowd can change the story

Name: _____

Class: _____

1. Warm up

The crowd changed when...

The first person who acted was...

2. Upstand, watch, or join?

Is someone being harmed? Will my tap add to it? What's the safest helpful move? Do I need backup?

Upstand

Do something safe that helps.

- Not liking or sharing
- Checking in privately
- Reporting the post
- Getting backup from an adult
- "This has gone too far"
- Campaigning for change

Watch

Not adding harm, but not helping.

- Scrolling past
- Staying silent
- Waiting for someone else
- Long angry arguments
- Screenshotting to gossip about it
- Laughing quietly

Join

The crowd gets louder.

- Liking cruel comments
- Adding another comment
- Sharing or quote-posting
- Reposting hate "to criticize it"
- Tagging the person
- Joining in to fit in

Quick check: tick the zone for each situation

Situation	Upstand	Watch	Join
Liking a cruel comment	☐	☐	☐
Scrolling past without doing anything	☐	☐	☐
Reposting hate "to show how awful it is"	☐	☐	☐
Messaging the person: "I saw that. Are you okay?"	☐	☐	☐
Reporting quietly when speaking up isn't safe	☐	☐	☐
Asking the school for a reporting route students understand	☐	☐	☐

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Upstand ☐ Watch ☐ Join

How might the person being targeted feel?

Which taps are making the crowd louder?

What is the safest helpful move?

Is backup needed? From whom?

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Plan your upstander move

Card number: _____

My safest upstander move

One idea to make it less likely to happen again

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

- ☐ I can refuse to like, share or pile on.
- ☐ I can check in privately with someone who is targeted.
- ☐ I can report harmful posts and comments.
- ☐ I can get backup from an adult.
- ☐ I don't have to put myself in danger to help.
- ☐ I can help create better norms at my school.

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?

Exit ticket

One quiet way to upstand is...

I shouldn't repost hate to criticize it because...

One change I would like at my school 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.