



## Being an Upstander Online

**Support the person to take action: screenshot, seek help & report**

Hey, are you alright? What they posted was not OK!

**Send a DM of support**

**Call it out online (If you feel safe & brave!)**

This is not OK

**Shift the focus of the chat with a fun/silly or off-topic message**

**Talk it through with a trusted adult or Kids Helpline**

**Report it yourself (anonymously)**

**Reach out directly to the person causing the harm (if it is safe to do so)**

Hey I know you're trying to be funny but it's actually hurtful.

Just letting you know I'm taking a break from this group chat.

**Take a stand, make it clear to your friends you won't be part of it**