

# HANDOUT 3 - THE STOP SPEAK SUPPORT CODE



## When you see bullying online:



- Take time out before getting involved and don't share or like negative comments.
- Try and get an overview of what's really going on.
- Check the community guidelines for the site you're on.



- Ask an adult or friend that you can trust for advice.
- Use the report button on the social platform it's happening on.
- Speak to one of the charities set up to help with situations like this (i.e. Childline.)



- Give the person being bullied a supportive message to let them know they're not alone.
- Encourage them to talk to someone they can trust.
- Give the person being bullied a positive distraction from the situation.

## Case studies

### 1. Kiara

Kiara has posted a video on YouTube of her reviewing her favourite artist's new album. Instead of getting lots of likes she's been getting lots of dislikes and people have started writing horrible comments on the video. Someone has also created a replica video mimicking her in a hurtful way. Kiara has asked people to stop it but it just seems to be getting worse.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support Code to help you come up with your answers.

### 2. Iqbal and Grace

Iqbal and Grace love gaming they speak to each other all the time whilst playing the games and have recently started making friends online whilst gaming. However, there seems to be one or two people playing the games that have started targeting them and killing their avatars every time they play the game. They've also started threatening them over the speaker system.

If you heard this happening how would you be an online upstander? Use the Stop, Speak, Support Code to help you come up with your answers.

### 3. Brook

Brook has been experiencing bullying at school. She has recently found out that someone has created a fake Facebook profile of her and they have started posting some offensive photos of Brook and started spreading rumours about Brook that are pretty mean.

If you saw this happening how would you be an online upstander? Use the Stop, Speak, Support Code to help you come up with your answers.



#STOPSPEAKSUPPORT



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