



**Grades
7-8**



Intermediate Grades Lesson 5 Handout

How to be an Upstander!

Upstander:

Someone who is present and speaks and/or acts in support of an individual or cause in order to help someone in need.

Bystander:

Someone who is present, but doesn't take action or chooses to not get involved in a situation.

Case Study: What Would You Do?

In a remote learning (online) classroom setting, Lorne's class is having a discussion and everyone's cameras are on.

It becomes evident to his peers that Lorne's room has outdated furniture and poor-quality Wi-Fi. Annie notices and chuckles, saying "Hey Lorne, do you live in a shack?". This is a situation of cyberbullying. If you were in this virtual classroom setting, how would you proceed?

Responding to Cyberbullying



Record it, report it, don't support it!

Everyone wins when we treat each other with kindness.
When we're mean or disrespectful to others – we all lose.

- Never confront a bully who is a stranger, either in person or online. Instead, tell a parent/guardian or trusted adult.
- Don't respond to or engage in arguments online. Getting involved can blur the lines and make it hard to figure out who's in the wrong.
- Save screenshots of bullying messages/posts and report them to a parent/guardian or trusted adult so they can help you do something about it.
- If cyberbullying occurs during the school year, report it to your teacher, the principal and/or school administrators.
- For unwanted text messages or phone calls, most cellphones have a "block number" function. For unwanted messages on social media platforms or downloaded apps, report instances of cyberbullying directly to the corresponding social media or application Help Centre/Customer Care.
- Report criminal offences (e.g., threats, assaults, harassment and exploitation) to local police.
- Always tell someone – no one is in this alone! Consult a trusted adult who can advocate for you.

Kids Help Phone:

Contact by text message at 686868 or by phone at 1-800-668-6868 from across Canada, 24 hours a day, 7 days a week; or access their resources online: [kidshelpphone.ca](https://www.kidshelpphone.ca)

