

Upstander Roleplay Situations

Instructions: As the educator, read out loud one of the situations. Then, ask the class on how they would try and respond. Encourage students to roleplay their response . Take ideas from the right as guidance.

Situation	Possible Interventions
You see a post on Instagram calling a classmate ugly. The person isn't tagged in the post and isn't friends with the person who originally posted it. Five of your friends have liked the post.	• Ask your friends why they liked the post, encourage them to think about how it would make them feel if it happened to them. • Tell your parent or carer. • Tell a teacher. • Report the post to Instagram.
One of your friends tells you they saw something that upset them when they were searching the news. They have been having bad dreams and can't stop thinking about it.	• Ask if they want you to tell someone for them. • Encourage them to talk to an adult they trust, it doesn't have to be a parent or carer.
Your best friend tells you they are being bullied by some kids from another class on the bus, social media, and in games they play. The bullies write mean messages and have set up a fake Facebook account pretending to be your friend.	• Encourage your friend to talk to a teacher, parent or carer, or another adult they trust - this could be the teacher of the bullies. • Ask if they want help to challenge the bullies, you could go together to ask them to stop. • Help your friend report the fake account and the mean messages. • If your school has an anti-bullying support group, see if they can offer help.