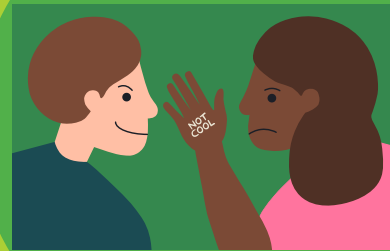


eSafety Guidelines

UPSTANDERS

The advice on this page is for young people under 18. Advice is also available for over 18s, who may be experiencing adult cyber abuse.



An upstander is someone who chooses to support the person being bullied and takes action. If you feel safe and comfortable to do so, there are different ways to be an upstander.

In short:

- If you choose to support someone who is being bullied, you've chosen to be an upstander and you can offer support in different ways.
- If you feel safe and comfortable to do so, you can stand up to the person doing the bullying, privately support the person being bullied or reach out to other supports to intervene.

If you see something that is not OK, like bullying behaviour online, you have a choice: support the person who is being bullied, or sit back and do nothing.

Not doing anything, and choosing to keep scrolling can feel like the easier option. Some people may feel they don't have the courage to step in, or are concerned that they'll be attacked for speaking up. But there are different ways to support someone being bullied, and help them feel less isolated, while keeping yourself safe. Deciding to take action to support others is called being an upstander.

Situations you may see that are not OK:

- People making mean comments about someone in a comment section.
- Videos or images making fun of someone 'as a joke'.
- A public post that has someone's private personal details, like their age, school, job, or address.

What being an Upstander looks like

Reaching out to the person being bullied

Send a message to the person being bullied. Ask if they're alright, and offer your support. Whether they're your friend, or someone you only kind of know, a word of support can go a long way.

Calling out the bad stuff online

If you feel confident and safe, stand up to the person doing the bullying and make it clear that what they're doing is not cool. Be clear, direct, and speak up about the harm. This could look like writing a comment that says, 'This is not cool/not OK.'

Reaching out directly to the person who is being mean

If you're friends with the person who is bullying, reach out to them and explain why what they're doing is not OK. They may be more open to a one-on-one message.

Calling in other support for backup

If you see that the person being bullied is really affected by what was put online about them, it's a good idea to call in other support. This could be reaching out to a trusted adult like a parent, teacher, or older sibling to offer support. It can feel hard reaching out to a trusted adult — you may feel like you should be able to handle it yourself. But some things are too big to just hold on your own.

Anonymously reporting the content to the platform

All social media has a 'Report' function, and you can report content as bullying or harassment, whether it's happening to someone you know, or someone you don't. The eSafety Guide has information about how to do this on different online platforms.



The main purpose of being an Upstander is to let the person who is being bullied know that they're not alone, and that you are on their side.