

STEPS TO BEING AN ACTIVE BYSTANDER ONLINE

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1. Step Up

Speak up in the moment by leaving a supportive comment or message.

2. Tell an Adult

Report the situation to a platform moderator, trusted adult or the Police.

3. Explain it

Take note of what has happened so you can describe any reoccurring behaviour.

4. Pull Attention Away

Redirect the conversation or post something positive to change the focus.

5. Support Later

Privately check in with the person to offer support after the incident.