



How Can I Guide My Child to Be an Upstander?

Standing up isn't always easy. Here's a guide to teach your kids how to stand up against cyberbullies—the right way.

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Tip #1: Be a Supportive and Warm Figure in Your Child's Life⁶

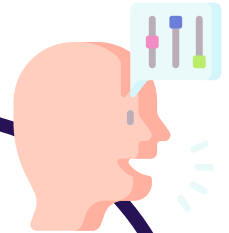
- Frequently communicate with your child about their school experiences.
 - Try these out:
 - **"How was school today? Did anything interesting happen? How are your friends doing?"**
- Let your child know often that you are there for them.
 - Try this out:
 - **"I want you to know I am always here for you and you can talk to me about anything."**
- When your child communicates with you, react in a kind manner. Try to respond with openness rather than concern or frustration.
 - Try this out:
 - **"I'm glad you told me about that, tell me more."**





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Tip #2: Talk About Cyberbullying and Empathy Frequently

- Take opportunities to initiate conversations about online etiquette, empathy, and what cyberbullying looks like.
 - Try these out:
 - “Do you know what cyberbullying is?”
 - “Do you act kind online?”
 - “Do you know the best way to stay safe online?”
- Be aware of cyber lingo so you can identify what constitutes cyberbullying—**knowing this is ever-changing.**



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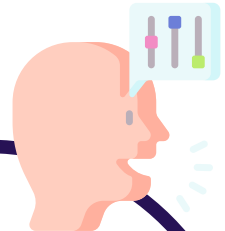
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Tip #3: Use Indirect, Contextual Openings to the Conversation¹

- Bring up cyberbullying examples seen in the news or on social media.
 - Try this out:
 - **"I saw a story of a student being bullied online—what do you think of that?"**
- Mention hypothetical situations.
 - Try these out:
 - **"Have you ever seen someone at school be left out of a group chat? Have you ever seen someone leave a mean comment on a post?"**
 - **"How would that make you feel?"**
- Discussing a peer's experience or a story tends to reduce defensiveness and increase engagement in the conversation.



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Tip #4: Teach Upstander Strategies⁴



Direct: Be firm and intervene directly with the bully.

Distract: Change the subject or interrupt the situation.

Delegate: Get help from a trusted adult.

Delay: Check in with the victim afterward and offer support.

Document: Report the comment to the platform.

- Sometimes kids can get nervous about how they might be perceived by being upstanders. Giving them different tools allows them to intervene in a way that's most comfortable for them.
 - **Upstanders feel strongest when they are supported too!**
- Remember: Support, Report and/or Comfort.



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Tip #5: Acknowledge Your Child's Worries about Becoming Upstanders³

- It's not always "cool" to be an upstander.
- Let your child know it's normal to feel nervous about speaking up.
 - Try these out:
 - "I know it can be hard to speak up or to step in, but it's important to be supportive when someone's being cyberbullied."
 - "Remember there are different ways to help!"

Tip #6: Support Being Assertive not Aggressive

- Do not encourage aggressive or retaliatory behavior.
 - Try this out:
 - "It's great to help defend your friends but don't be mean to the bully either."



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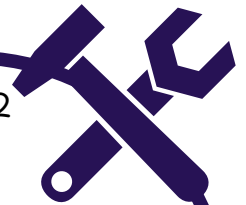


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Tip #7: Model Upstander Behavior²



- Your child is always watching and imitating how you behave.
 - Modelling appropriate behavior both online and offline goes a long way.
- Speak up when you notice someone being unkind and explain your actions to your child.
 - Online or offline, show your child how to respond to hurtful behavior with kindness.
 - Try this out:
 - **“Look at this comment, it’s kind of mean, I’m gonna ask the person to be more respectful”**
- Model how to support others.
 - Show your child that checking in with others is important—even if it’s after the fact.
 - Try this out:
 - **“I messaged my friend after seeing a mean post about them to make sure they’re ok.”**



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