



FLOURISH · FALL

YEAR 6

Bystander to upstander

Choosing to direct, distract, delegate or delay when someone is being harmed online.

#upstander

#friendship

#safety

#courage





A group chat turns cruel about a classmate. Direct, distract, delegate or delay – which move helps and keeps you safe?

You can always pass, write your answer privately, or use a made-up example.



Proverbs 31:8

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute.”

Proverbs 31:8, New International Version (NIV)

CHRISTIAN CONNECTION

Speaking up is not showing off; it is standing beside someone who has been left alone. When speaking directly is not safe, an upstander still acts – distract, delegate to a trusted adult, or delay and check in later.



CONNECT



EXPLORE



PRACTISE



REFLECT



Which upstander move?

Label each moment DIRECT, DISTRACT, DELEGATE or DELAY.

Then write a message Noah could send, and one action for the next morning.

1 You change the subject and post about tomorrow's game instead.

3 You say nothing that night, then sit with him at lunch.

5 You screenshot the messages and show a teacher you trust.

2 You add a laughing emoji so the group stays happy with you.

4 You message him privately: "That was cruel. I'm glad you're my friend."

6 You reply in the chat: "Not funny. Leave him alone."

Ask of each move: does it help the person harmed, and is it safe to do right now?

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“A bystander stays silent ...an upstander chooses to ...”

Write this one privately — you don't have to share it.

TAKEAWAY

One safe move beats silence: direct, distract, delegate or delay.



CONNECT



EXPLORE



PRACTISE



REFLECT