

Film guide

This film demonstrates the importance of being kind and respectful online. Online bullying or cyberbullying can cause great distress and often a bystander will pretend not to see what is happening, or feel pressured to join in. Trey disagrees with Faye in a group chat, leading to unfair and mean comments. The core message is to recognise and encourage young people to always be an upstander and speak up if they see someone being cyberbullied.

Before playing the film, start by thinking about what is meant by 'respect' and the importance of being respectful both offline and online. The starting points 'respect', 'respecting difference' and 'banter vs bullying' in the toolkit will help this discussion.



Play the film



Pause and discuss

★ **What happening here?**

Faye is bullying Trey by excluding him from a group chat she set up and sending embarrassing pictures and memes. She is also encouraging other people to get involved and join in with the bullying. This is not kind or respectful and could be very upsetting for Trey. Mia has seen the bullying happening but is not sure how to respond.

★ **Why does Faye decide to cyberbully Trey?**

Faye shared something unkind in the group chat and Trey decided to speak up and tell her that what she did was wrong. Trey made the right decision to be an upstander but Faye was annoyed by his reaction and is now being mean to him too.

★ **What words can you think of to describe how Trey is feeling?**

Trey may be feeling upset, worried, embarrassed, targeted or alone.

★ **As Trey's friend and someone who has seen the bullying, what could Mia do to help?**

Mia can be an upstander by telling an adult she knows and trusts straight away. She can even show them the messages that have been sent so they have evidence of what is happening to Trey. Telling someone is always the right thing to do as it means Trey can get support and the adults can help to make the bullying stop.



Play the rest of the film to show what happened next and repeat the key messages using the top tips on the final slide of the film.



Extend your discussion:

★ **What could have happened if Mia sent the message to Faye?**

Even though Mia was trying to help by sending a message standing up for Trey, this might have made the situation worse. Faye might have carried on being unkind towards Trey and could start bullying Mia. The best way to be an upstander if you see someone you know being bullied is to tell an adult you know and trust about what's happening.

★ **When does banter become bullying?**

Something posted online as a joke might not be found funny by everyone. It is always better to stop and think before you post anything online, whether it is meant as a joke or not, and consider how it might make anyone who sees it feel. If you're not sure or have any doubts, then it's best not to share it.