Middle School | Grades 6-8

1. The group chat decision

Name: _____ Date: _____

A group chat shares an embarrassing photo of Jordan without permission. Someone asks you to repost it. Jordan is not in the chat.

List two possible harms. What information is missing?

Write a response that refuses to spread the photo.

How could you support Jordan privately and involve a trusted adult?

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2. Practice an upstander response

Name: _____ Date: _____

During a group task, a student is repeatedly mocked for how they speak. Other students stay silent. You want to help.

Choose a safe action: interrupt, invite support, or check in afterward. Explain.

Write the exact words you could use. Practice with a partner if comfortable.

If the behavior continues, who can help? What details would you report?

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3. A five-day inclusion challenge

Name: _____ Date: _____

Choose a specific barrier to belonging in a class or club.

Plan two actions that welcome people without singling anyone out.

Decide how to check progress without collecting names or private stories.

After five days: What changed, and what needs another try?

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Adult & educator notes

Name: _____ Date: _____

Use 15-20 minutes per page. Offer independent writing, paired discussion, or a private response. Use fictional names and do not request real screenshots.

Page 1: Examples of harm include humiliation, loss of privacy, and wider distribution. A possible reply is: "I am not sharing a photo without permission. Let's stop passing it on."

Page 2: Students may interrupt safely, invite adult help, or check in afterward. A possible response is: "Let's hear their idea." There is no duty to confront someone when unsafe.

Page 3: Make invitations open to everyone. Look for participation changes or anonymous general feedback; do not collect sensitive stories or rank classmates.

Care & participation

Use hypothetical situations. Do not ask students to identify peers or disclose bullying experiences publicly. If a student reports harm, follow your school or organization's safeguarding and reporting process. Seek adult help promptly for threats or immediate safety concerns.

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