





do be kind

do be true

do be invested & interested in others

do be mindful



don't be hurtful or unthoughtful

don't be fake

don't be too "selfy"

don't be too oversharing





Watch How 2 Be an Upstander

smactalk.info/upstander



Cyberbully Tips

smactalk.info/cyberbullying



Ask your child: "If someone sent you a hurtful text, what would you do? Who would you tell?"

Check
out our
parent
blog!

