TRY IT / YOUR NEXT MOVE

THE GROUP CHAT GOES SIDEWAYS.

A chat keeps posting jokes about a classmate. Someone asks you to share them.



Choose a move you can stand by:

- ☐ Don’t forward or react.
- ☐ Check in with them privately.
- ☐ Tell a trusted adult and report it.
- ☐ Mute the chat if it’s safe.

My move and why:

You can support someone without joining the pile-on.

SAFETY / BACKUP / BELONGING

YOU DIDN’T EARN THIS TREATMENT.

Your race, culture, body, gender, sexuality, disability, or family is not an invitation for mistreatment.

If you’re threatened or feel unsafe, tell a trusted adult right away. Ask for help making a safety plan.

**“I need help with ongoing targeting.
Here is what happened.
Can we make a plan for my safety?”**

A caregiver, teacher, coach, counselor, or another safe adult can help.

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

Progress is Progress LLC

www.progresscounselingprograms.com

BEING TARGETED ISN’T YOUR FAULT

**You deserve respect.
You deserve backup.**



YOUR IDENTITY ISN’T AN INVITATION FOR HARM.

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Mile or a Millimeter

01 / NAME THE PATTERN

NAME THE PATTERN.

Bullying involves repeated or likely repeated harm and unequal power. You don't need the perfect label to ask for support.



What happened?

Where or on which app?

When and how often?

Write only what feels okay to record.

02 / CHOOSE A NEXT STEP

YOUR NEXT MOVE CAN BE SMALL.

Safety first. You do not owe someone a reply, a debate, or more access to you.



1 Keep a record, if safe.

Note dates, usernames, and what happened. Don't reshare harmful content.

2 Get backup.

Tell a trusted adult. Ask for help reporting it to school or the app.

3 Limit access.

Mute, block, or report an account. Ask for support if doing that could put you at risk.

My first move:

03 / STAY CONNECTED TO YOU

YOU BELONG. NO AUDITION NEEDED.

Being targeted says nothing about what you deserve. You still get to have friends, interests, and a future.



One person I can be real with:

Something that feels like me:

One small plan for this week:

"Things have been rough. Can we talk or hang out?"