

Mia 

NAME

DATE

Directions

Read the scenario below. Answer the questions.

Mia is going through her Instagram feed. She sees that her friend Tess has posted a photo with her where they're both making funny faces while eating frozen yogurt. Mia also sees that people they go to school with have commented on the picture.

"OMG lay off the sweets, fatty"

"Sooooo lame"

"Looks pretty dumb for someone whos supposed to be so smart"

"WHAT is she wearing?"

1. Imagine you are a friend of Mia and Tess, and you see the picture and comments on Instagram. What could you do to be an ally or upstander?

2. What challenges might there be to doing the actions you describe above? How could you address those challenges? Are there alternative actions you could take?

