

'In The Moment' scenarios



You are in a group chat with lots of friends. Someone forwards a photo of another person in your class that you really don't think is funny. They are not in the chat and you're worried it might upset them. What do you do?



You're watching a video online and some of the comments have really annoyed you! You completely disagree with what people are saying. What do you do?



You're playing an online game in a team and your friend goes offline. You get a private message saying that you were all playing too fast and no one was waiting for them, and now they're feeling really upset. What do you do?



You've been chatting to a player online in your favourite game for a while now and feel like you know them really well. They want to add you as a friend and even ask for your telephone number. What do you do?



Ignore it, it's
not your problem
to solve

Express your
feelings with an
emoji

Start a private
conversation

Respond publicly
with your true
feelings!


Talk to an adult

Chat in person
if you can

Block and
report them

Take a screenshot
to show someone

Try to explain
how you feel





'In The Moment' template



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I would...

I would not...

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