



TAKE
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STAND

The 3S Framework



STOP, START, SHARE — provides simple, practical steps for each group.

When applied together, it builds a culture of safety, respect, and empathy.

Designed By:  Curated By: 

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Stay Safe

Your safety comes first. Move to a safe place or create distance.

If physically attacked, use basic self-defense to protect, not to retaliate.

Tell Them To Stop

Use a firm, calm voice: "Stop. That's not okay."

Keep it short — don't argue or fight back with insults.

Open Up & Report

Talk to a teacher, counselor, or parent.

Document incidents (notes, screenshots) so the bullying can be addressed.

Partner Up

Stick with friends or trusted peers.

Join or form support circles. Remember: you don't have to face bullying alone.

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See What's Happening

Don't ignore it. Recognise that bullying is real and harmful, whether physical, verbal, or online.

Awareness is the first step to change.

Take It Seriously

Don't dismiss it as "kids being kids" or "just a joke."

Understand that bullying can deeply affect mental health and safety.

Act Safely

If it's safe, step in: stand beside the victim, call out the behaviour, or distract to defuse the situation.

If not safe, remove the victim from danger and seek help immediately.

Report The Incident

Tell a teacher, counselor, coach, or parent.

Online? Take screenshots, save evidence, and report through the right channels.

Talk & Support

Check in with the person who was bullied: "Are you okay? I'm here for you."

Let them know they are not alone. Encourage them to seek further help.

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Spot The Signs

Be alert to changes in behaviour: withdrawal, declining grades, anxiety, or reluctance to attend school.

In online spaces, watch for secrecy, mood swings, or deleted accounts.

Help Others Safely

Step in quickly to stop ongoing bullying.

Ensure the child knows they are safe and that the situation will be addressed.

Affirm And Reassure

Affirm the child's feelings—tell them you believe them and that what happened isn't acceptable.

Reassure them it isn't their fault and they aren't alone.

Respond & Take Action

Monitor progress and check in regularly with the child.

Ensure accountability: consequences for bullies, continued support for victims.

Encourage Empathy

Build resilience, kindness, and understanding in everyday interactions.

Remind yourself and others: small gestures of encouragement can make a big difference.