

Facilitator Guide



When you see something upsetting online, the first thing is to stop scrolling or typing.

Ask students: “Why do you think stopping is important?”

Explain that stopping interrupts the quick, automatic reaction and gives you a moment to think.



Teach students a breathing technique (example: box breathing- breathe in slowly for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds). Practice this as a group once or twice.

Explain how deep breaths slow down your heart rate and help you feel more in control.



Notice how you feel then think about what you need in that moment like space, safety, or support.

Ask students: “Why is it helpful to pay attention to how we’re feeling before we react?”

Explain that understanding our feelings help us respond in ways that help us feel better.



Give yourself time before responding- talk to a trusted adult, or step away.

Ask students” “What might happen if we don’t pause?”

Explain how pausing helps avoid escalating conflicts.