

# How to Push Back When You Don't Feel Safe Speaking Out

*"I do not want to draw attention to myself. I do not want to become a victim by speaking up."*

Sometimes you may not feel safe speaking out, or you may be worried that it will make things worse for somebody else. That makes sense, especially when the comments have been hurtful.

My Notes



## Poll

Have you ever done anything to push back against casual prejudice?

What did other people say?

Yes

87%

No

13%

Source: MediaSmarts, *Young Canadians Pushing Back Against Hate Online*

Here are some ways you can speak out that probably won't make things worse for you or anyone else:

### Ask a question.

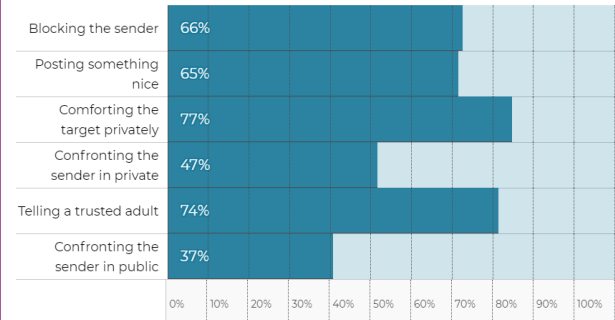
Say "I don't get it, what did you mean by that?" so that they have to either take back what they said, say that they really mean it or change the subject themselves.



### If you think someone might have been hurt,

let them know privately that you don't agree.

What works to stop cyberbullying?



Source: MediaSmarts, *Young Canadians' Experiences with Electronic Bullying*

### Don't be part of it.

You can choose not to Like or share things you disagree with. You can also leave the conversation any time people post or share things that are hateful and prejudiced.

### Change the subject.

At the very least, you're showing that you don't agree with what was said or posted.

*"Most gamers just want to play and have fun, not get involved in racial slurs that ruin the game."*

### Get a screenshot

in case you or somebody else want to report what happened to the platform later.

[www.take-a-screenshot.org](http://www.take-a-screenshot.org)

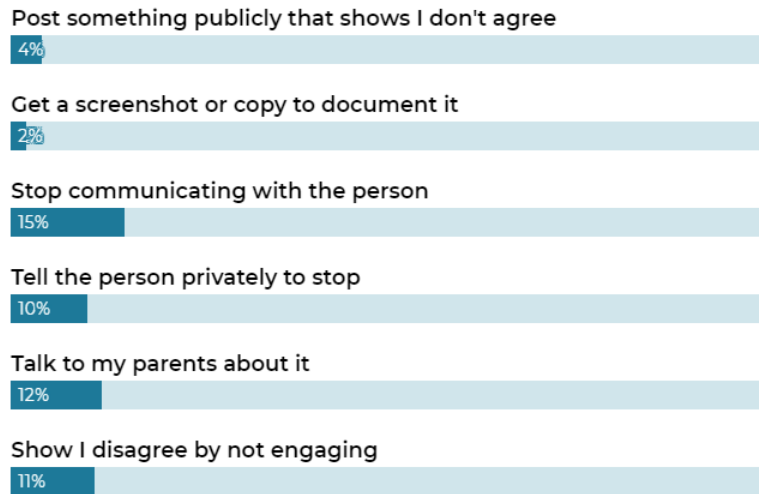
My Notes



# Poll

What's your top way to push back against casual prejudice?

What did other people say?



Source: MediaSmarts, *Young Canadians Pushing Back Against Hate Online*

*"The big thing is recognizing it at the time. Too often it goes by so fast, it is over before you realize what just happened."*

You don't have to respond right away. Instead, take a few seconds to think about how you want to respond.

Press your mental pause button and ask yourself:

