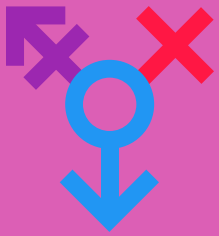


Jaz's Story

Jaz logged onto her social media account before school. Someone she knows has shared a post that says:



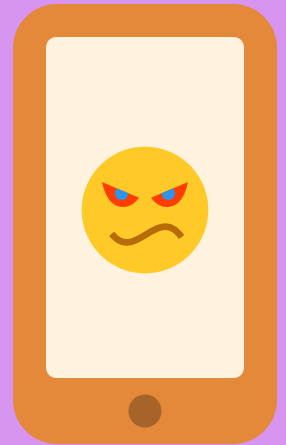
"There are only 2 genders – the rest are mental illness #justsaying"

The post has been shared over 200 times and has a number of nasty comments attached.

"They're all weirdos"

"so embarrassing to have someone like that around you"

"let's face it, they're deranged – not in this house!"



Last year Jaz spoke to her parents about her gender identity. Her mum has been really supportive and has attended all her doctor's appointments and went to a meeting with her at the school.



Jaz's dad doesn't speak to her since she told him and because of this Jaz has been battling with depression. This year has been really hard for Jaz, but it was easier with the support of her friends.



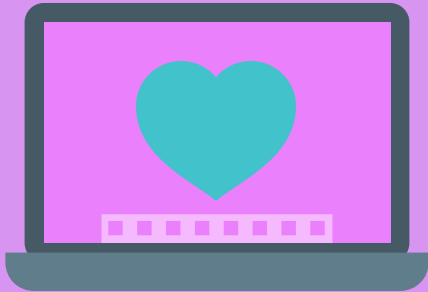
Jaz didn't know that the friend from school who shared the post felt this way. She is hurt and is questioning what her other friends are saying behind her back. Jaz has decided not to go to school, she feels lonely and ashamed of herself...



At school some of Jaz's friends have seen the post that has been shared and the comments on it. They have noticed that Jaz isn't in school today and she hasn't responded to any of their texts. At break Jaz's friends come up with a plan and flood the post with positive counter narrative.



Later that evening Jaz goes back to the post she saw earlier that day. She knows she shouldn't, as it will only upset her, but she can't help it and wants to see what else has been said on the post...



When Jaz takes a look, she is surprised and overwhelmed. Many of her friends have left positive messages on the post and challenged what was being said. Even better, Jaz can see other supportive comments from people she doesn't know. Some of the comments are from people identifying as trans and are challenging the statement themselves. The messages appear to be empowering others to speak up. Jaz decides to have her say and begins to type...

"Gender isn't a mental illness. Comments like this do affect people's mental health... Think before you type."



Found this quote: "One of the most beautiful qualities of true friendship is to understand and to be understood. (Lucius Annaeus Seneca) True friendship isn't about gender, but shared understanding."

What I find really 'weird' is people's need to write things they know will hurt someone. Those are the people I'd be embarrassed to call 'friends'.



"Seeing this earlier made me feel low. Looking at this now I can see that support is everywhere and the haters are just a small group that makes me stronger! – Spread Love, Not Hate"

Think about the following...

- What impact did the original post have in this example?
- What was the intention of the post?
- Who may have seen the post?
- How many could have seen the post?
- How would they feel after seeing it?
- What impact did counter narrative have in this example?
- What was the intention of the counter narratives?
- Who may have seen the counter narratives?
- How many could have seen the post?
- How would they feel after seeing it?
- Can you think of any other positive responses?