Meet Legs – Video Script & Transcript

Digital Citizenship & Upstander Lesson Material | Common Sense Education

Full Video Script: Meet Legs

"On this episode, it's legs. Hello, digital citizens. My name is Legs. I'm known for using my tall legs to stand up for people who are feeling sad or left out. Today, I'm at the basketball courts playing with friends. One of my friends didn't get picked to join a team and was feeling left out. So, I stood up and I invited them to play on my team. Standing up for friends is important to me. It's a great way to show others you care. And you don't really have to get off your feet to stand up for others. There are lots of ways to support your friends both in person and online, too. Like saying kind words to them if they're feeling sad or left out. Standing up for others can also mean talking to a grown-up if you don't know what to do. Even if I'm just playing games on the internet, I stand up for my friends by including them and saying nice things. I hope my tall legs remind you to stand up for others in person and online."

Key Upstander Teaching Points from the Script

🏀 **In-Person Action (Basketball Court):** Legs invited an unpicked friend to join the team, showing inclusion in physical play.

🗣️ **Upstander Power 1 – Kind Words:** Saying supportive and nice things to friends who are feeling sad or left out.

🙋 **Upstander Power 2 – Asking a Grown-Up:** Talking to a trusted adult when unsure of what to do in a difficult situation.

🎮 **Upstander Power 3 – Online Inclusion:** Including friends and using polite, respectful language while playing online games.