Digital Life: Cyberbullying

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OUTLINE for LESSON:

1. Watch a video of teens & their cell phones (3 mins)
2. Define Cyberbullying
3. Discuss the effects of Cyberbullying
4. Watch a video of what it is & how you can stop it (3 mins)
5. Discussion Questions (individual & then in pairs)
6. Read a Cyberbullying Scenario
7. Create an Action Plan to combat Cyberbullying
8. Closing Video (4 mins)

Using Social Media Responsibly

- Most teens and many preteens use some form of social media and have a profile on a social networking site. Many visit these sites every day.

- There are plenty of good things about social media — but also many risks and things kids and teens should avoid. Students don't always make good choices when they post something to a site, and this can lead to problems.

- To help them find the balance, it's important to talk with your family about how to use social media wisely.
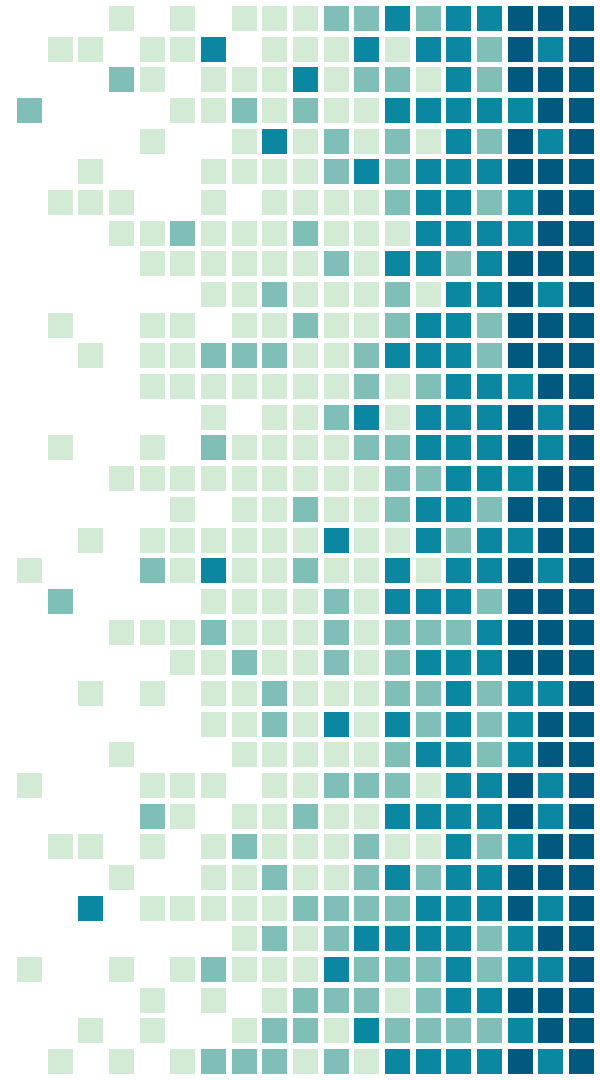
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Social Media, Social Life: Teen Video
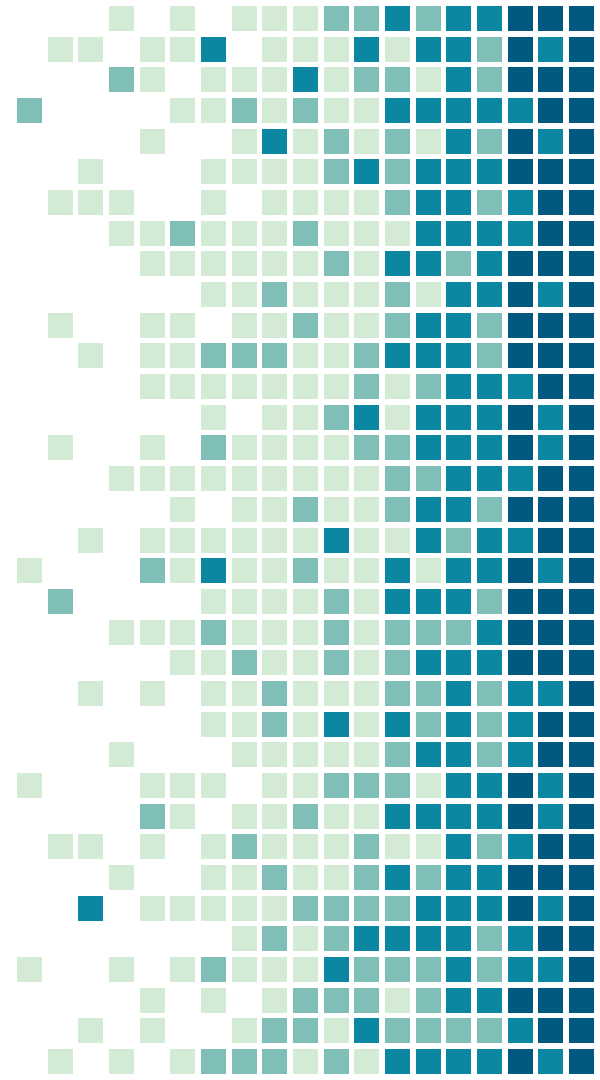
What Is Cyberbullying?

Cyberbullying is the use of technology to harass, threaten, embarrass, or target another person.

Online threats and mean, aggressive, or rude texts, tweets, posts, or messages all count. So does posting personal information, pictures, or videos designed to hurt or embarrass someone else.

Possible health-related effects that cyberbullying can have on a student:

- Stress and/or fear
- Change in mood
- Change in energy level
- Lack of Sleep
- Lack of Appetite
- Anxiety & Depression
- Can Damage Self Esteem
- Feeling Isolated or Alone
- Interferes w/ School

Is it Cyberbullying? What it is & How YOU can stop it!
https://www.youtube.com/watch?v=vtfMzmkYp9E

Discussion Questions:

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1. What makes cyberbullying easier to do than other types of bullying?

2. What are some of the effects that cyberbullying can have on a student?

3. How can students go from being a bystander to an Upstander?

4. What are some ways that students can positively respond to stop cyberbullying?

PARTNER DISCUSSION:

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Once you have answered all four questions on your own, turn to your seat partner & discuss.

Then we will share out as a class!

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SCENARIO:

Salt knew that Pepper didn't like them. Pepper hadn't liked them since first grade. But now that they're in middle school, things are getting completely out of hand. What started with dirty looks and snickering has turned into nasty emails, mean texts, and online rumors. Earlier today, Salt found out about an Instagram page called "Salt is a Cheater" where Pepper and their friends were posting lies about Salt cheating in class and on the soccer field. Salt can't ignore this anymore.
Create an action plan for Salt!

" GROUP WORK:

Create an Action Plan (step by step) for what Salt should do!
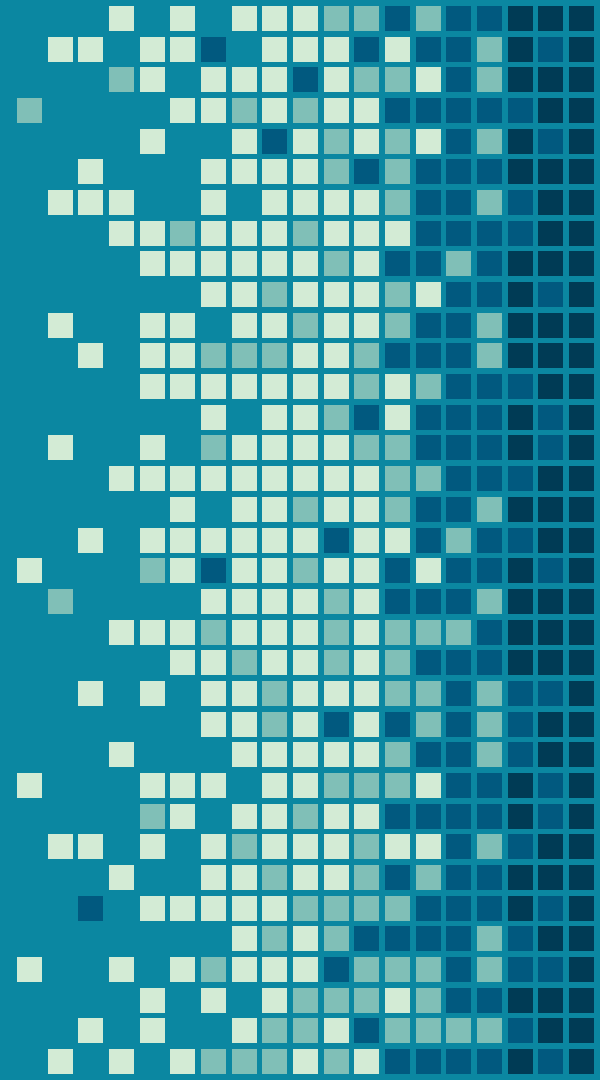
SALT's ACTION PLAN:

- **Share with family and/or another trusted adult**
- **Share with Teacher/Admin/School Resource Officer**
- **Take screenshots of the cyberbullying communication**
- **Block the person**
- **Ask parents to contact Instagram to block Pepper from the site and have the page removed from Instagram**
- **Report to Law Enforcement's non-emergency number**

Before You...

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

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