



Educator Guide: Steps to Take When Cyberbullying Occurs Video Lesson

Recommended for Grades:

9th – 12th grades

Time:

3 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Explain the four steps to take if they are being cyberbullied or know someone who is being cyberbullied.
2. Explain what social media sites do to prevent and/or stop cyberbullying.
3. Identify two positive ways to use social media.

Lesson Description:

In this social media story, students will learn what to do if they are being cyberbullied, and what they can do if they see or hear about someone else being cyberbullied.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What are the four steps to take if you are being cyberbullied? Choose all four steps.
 - a. Respond immediately.
 - b. Discard all evidence.
 - c. Block the person bullying you.**
 - d. Report the cyberbullying.**
 - e. Keep all evidence.**
 - f. Don't respond.**
2. Do most social media sites have a way to report cyberbullying?
 - a. Yes**
 - b. No
3. What are some positive ways social media can be used? Choose all that apply.
 - a. To learn about what's going on in the world**
 - b. To spread awareness**
 - c. To cyberbully others
 - d. To connect with others**

The following questions can be used to measure your students' thoughts and attitudes about bullying. Ideal answer choices are bolded.

1. How often do you feel like there is nothing you can do to stop cyberbullying?
 - a. Never**
 - b. Rarely
 - c. Sometimes
 - d. Very often
 - e. All the time

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you watch the Steps to Take When Cyberbullying Occurs Video Lesson. You may choose to use this list in any way that fits your needs.

- Cyberbullying – bullying that takes place over digital devices like cell phones, computers, and tablets; using technology to repeatedly harass, threaten or embarrass someone, where the bully has real or perceived power over the victim
- Social media – forms of electronic communication through which users create online communities to share information, ideas, personal messages, videos, etc.

Supplemental Activity: Social Media

Objectives:

After completing this activity students will be able to:

- Explain what social media sites are doing to prevent and/or stop cyberbullying.

Materials Needed:

- Access to various social media sites

Time Required:

60 minutes

Instructions:

Compile a list of popular social media sites that students currently use. Once you have a list compiled, divide students into small groups and assign each group a specific social media site. Each group will research what their assigned site is currently doing to prevent and/or stop cyberbullying. If class time is limited, or students are unable to access social media within school, the research portion of this activity could be assigned as homework.

Students should look into how users can report cyberbullying to the site. Encourage students to document the exact reporting process, as each site's process will be different. Each site will also have their own terms of service, policies, community standards or guidelines. Students may also want to research what sites may be doing on the back end to detect cyberbullying before it is even reported. There is a lot of new technology that these companies are using to do this.

Once students have gathered all the information for their assigned social media site, they should prepare a short presentation to share their information with the rest of the class. After the presentation is a great time for a class discussion. Possible discussion questions could include:

- Are social media sites doing enough to prevent cyberbullying?
- Did any social media sites stand out above the rest based on their tactics to reduce cyberbullying?
- How much of the responsibility to reduce cyberbullying falls on these companies vs. on the teens and adults who use their sites?
- Were you surprised by any of the technologies that companies can use behind the scenes to reduce cyberbullying?



Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Cyberbullying

What Is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It includes:

- Posting mean, hurtful or embarrassing comments or rumors about someone online
- Threatening to hurt someone or telling them to kill themselves
- Posting a mean or hurtful picture or video
- Pretending to be someone else online in order to get or post personal or false information about someone else
- Posting mean or hateful things online about any race, religion or ethnicity
- Creating a mean or hurtful webpage about someone

How Can I Stop Cyberbullying?

Some teens have learned to stop cyberbullying and keep it from happening. Here's what you can do:

- Do not re-send cyberbullying messages.
- Block contact with cyberbullies.
- Tell your friends to stop cyberbullying.
- Report cyberbullying to a trusted adult.
- Work with other students, teachers and school leaders to create rules against cyberbullying.
- Help your community learn more by holding an assembly or other event.
- Make a contract to be safe online with your parents or caregivers. Come up with the rules together.

Cyberbullying Resources

- Children's Wisconsin, [ParentsActNow.com](https://www.ParentsActNow.com)
- Cyberbullying Research Center, [cyberbullying.org](https://www.cyberbullying.org)
- KidsHealth, kidshealth.org
- National Crime Prevention Council, [ncpc.org](https://www.ncpc.org)
- Pew Research Center, [pewresearch.org/topics/teens-and-technology/](https://www.pewresearch.org/topics/teens-and-technology/)
- U.S. Department of Health & Human Services, [stopbullying.gov](https://www.stopbullying.gov)



Transcript

Hey! Today in my story, I'm going to talk about what you should do if you are being cyberbullied, or if you see someone else being cyberbullied. If you are being cyberbullied, resist the urge to reply. I know it can be tempting to say something back, but responding when you're upset usually just makes things worse. If you see someone else being cyberbullied, refuse to participate by not forwarding or replying to messages or pictures.

Always make sure to save any evidence of the bullying.

Print out social media posts.

Save texts.

Capture screen shots.

Keep a record of when and where the bullying is happening.

Most apps and gaming platforms allow you to block certain users from messaging you or even being able to "see" you online. Most phones can block certain phone numbers too. So, if you are being cyberbullied, make sure to block them.

It's important to report cyberbullying too. Most social media sites and gaming platforms take cyberbullying seriously. If you're being bullied on their site, the bully is most likely going against the websites' terms of use and they can block the bully from using the site in the future.

Make sure to talk with a trusted adult about what's going on so they can support you. If bullying is affecting you at school you should talk with a school counselor, a social worker or a school administrator.

If you feel your safety is in danger, you should call your local police immediately.

There are lots of positive ways we can use social media, so let's start spreading positivity! Social media can be a great way to stay in touch with family and friends that we may not see every day. It can be a way to learn new ideas and perspectives on life, and it can be a way to engage with others.



You choose what you share with others so why not share positive messages against cyberbullying, or simply share positive stories and messages in general? Before I go, here's my challenge to each of you ... For every negative thing you see on social media, share something positive and you'll be helping move things in a different direction. Take care guys! Can't wait to see all the positivity you'll be spreading!



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