

Cyberbullying & Online Harms



CYBERBULLYING & ONLINE HARMS

**WE ARE KIND
AND COURAGEOUS.**

Digital literacy and well-being: Thinking critically and using technology responsibly to learn, create, and participate

Instructions

We stand up to cyberbullying and stop digital drama whenever we can. But sometimes it can feel hard to be an upstander, so it's good to have a plan. Get one or more family members together to help. Read the setup before doing the activity together!

Setup

Read aloud: When we see digital drama/cyberbullying or know it's happening, we have a choice: We can be bystanders or upstanders. Being an upstander might mean responding directly to the bully, or it might mean doing something else to support the person being bullied. If we're worried about what others might do when we stand up to cyberbullying, it can help to talk through possible situations to feel prepared.

Activity

Read aloud: Let's read through these situations and then discuss how we could be an upstander in each one. We can talk through what might make us hesitate as well as some solutions so we feel ready to face cyberbullying if it happens. The example might give us some ideas.

Example: You often see mean comments from the same person on your friend's Instagram posts. How can you be an upstander? *I could post a comment telling that person to stop being mean.* What might make you hesitate? *The person might not stop and might start being mean to me, too.* What's a possible solution? *I could post something nice about my friend, and we both could block that person so we don't see those comments anymore.*

Situation No. 1: A friend sends an embarrassing picture of another friend around over text. How can you be an upstander? What might make you hesitate? What's a possible solution?

Situation No. 2: A kid in your class is bullied in person at school, and people make fun of her online, too. How can you be an upstander? What might make you hesitate? What's a possible solution?

Learn more ways to be kind and courageous online at commonsense.org/cyberbullying-tips-for-families.