

Essential Question


What is cyberbullying and what can you do to stop it?

Is there a difference between joking, being mean, and bullying? What is it? Use the table below to help you:

<i>Joking</i>	<i>Being Mean</i>	<i>Bullying</i>

QUESTION:

What do you think the term cyberbullying means?

 KEY VOCABULARY

Cyberbullying

Using digital devices, sites, and apps to intimidate, harm, and upset someone



*Bullying or cyberbullying situations always include a **target** (the person being bullied) and a **bully** (the person doing the bullying). The bullying or cyberbullying can occur for many different reasons*

QUESTION:

Have you ever seen or experienced a situation involving bullying? What happened?

Below are some of the reasons why cyberbullying happens and ways you could respond, You can add to these lists if you have any other good ideas.

<i>Some reasons why cyberbullying occurs</i>	<i>Some ways to respond if you are cyberbullied</i>	<i>Some ways to be an upstander</i>
<ul style="list-style-type: none"> • Someone acts or looks differently than others. • Someone is angry or resentful toward another person. • Someone is jealous of another person. • Someone feels bad because he or she has been bullied. 	<ul style="list-style-type: none"> • Ignore the messages • Don't reply • Block the bully • Use the reporting tools, • Take a screenshot of the message and • Tell a trusted adult 	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><i>example: Inform a teacher, a coach, a parent, or another trusted adult.</i></p> </div> <ul style="list-style-type: none"> • •

The target and the bully are sometimes not the only ones involved in a cyberbullying situation. There are also the people who see it. These people can either be bystanders or upstanders. A **bystander** observes a conflict or unacceptable behavior, but does not take part in it. An **upstander** does try to stop it. Please add to the table above some things an **upstander** could do to help.

These are all important to know in case you experience or see a cyberbullying situation. Another really important thing to know about is empathy.

 KEY VOCABULARY

Empathy

To imagine the feelings that someone else is experiencing



QUESTION:

Why do you think this is important if there's a situation involving cyberbullying? Why would it be helpful to have empathy?

Directions

Read the story of Sondra below. Then answer the questions that follow.

Sondra is planning a birthday party. Her parents have set a limit of 15 kids, so she can't invite everyone she'd like. Two kids who were not invited — Jesse and Maya — overhear the plans. They decide to spread mean rumors about Sondra using an anonymous messaging app. They say things like:

"Sondra is so not cool not sure why anyone would go to her filthy house."

"I heard Sondra is having fruit instead of cake. Yuk!"

"Sondra is totally boring and I don't know why anyone would go to her party."

They encourage the students who were invited to the party to add reasons to why Sondra "isn't cool" and tell them not to go to her party. When Sondra logs onto the app and sees the messages, her stomach sinks. She feels hurt and embarrassed and doesn't know who's posting the messages. She tells her parents she's sick so she won't have to go to school the next day. She even thinks about canceling her party.

1. In this situation, who is in each role?

Target	Bully	Bystanders or Upstanders

2. If you were Sondra, how would you feel in this situation? Would your feelings be the same as or different from Sondra's? Why?

3. Why do you think Jesse and Maya acted the way they did? Could anything have been done so they wouldn't have acted this way in the first place?

4. If you were Sondra, what would you do to try to stop the cyberbullying?

5. If you were one of Sondra's friends, how could you be an upstander in the situation?
