

PROTECT YOURSELF

Strategies to prevent cyber-bullying

Materials: Worksheet copies, template copies, pens or pencils, timer

Directions: Read the worksheet, complete the activity and discuss as a group.

Bullying is never appropriate on any level. Whether it's physical, verbal or emotional.

Cyber-bullying adds a different dimension to bullying behavior.

Cyber-bullying is using electronic devices and communications (emails, websites, chat rooms, instant messaging, texting) to torment, threaten, harass, humiliate, embarrass or target another youth.

Cyber-bullying reaches victims anytime, anywhere, on any electronic device. Because cyber-bullies can act out their behavior anonymously, it's frequently aggressive and cruel.

Today, we're going to learn some strategies to help protect ourselves from cyber-bullying. Then, we'll apply the strategies to five bullying scenarios.

ACTIVITY INSTRUCTIONS

- 1 On the template, read the strategies on how to prevent cyber-bullying.
- 2 Read each scenario and write one strategy that could prevent cyber-bullying. You'll have 8 minutes to write.
(Set the timer for 8 minutes.)
- 3 When the timer sounds, let's each share one of our scenario strategies to prevent cyber-bullying.



STRATEGIES TO PREVENT CYBER-BULLYING

- Only post and send G-rated content and photos.
- Never post personal info, like addresses or phone numbers, online.
- Be careful of what you say about yourself and others.
- Remember what’s shared electronically can’t be retracted.
- Check your emotions before sending or posting messages.
- If you’re angry or sad, **WAIT** until you’re calm to send or post messages.
- Only send and post positive comments and content.
- Verify links, texts, emails and social media messages before opening.
- Use privacy settings to protect your accounts.
- Always protect and never share your passwords.

SCENARIO	STRATEGY TO PREVENT CYBER-BULLYING
1. Alexis uses a public computer at the library and leaves her email open when she leaves.	
2. Robert sends multiple texts to a classmate calling him names.	
3. A friend uses Mary’s Snapchat account to send threatening messages to another classmate.	
4. Daniel asks friends to come over after school and posts his address on Instagram.	
5. Sharon posts swimsuit photos of herself on her brother’s Facebook page.	

