**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

***What is Cyberbullying?***

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| **Objective:** Define cyberbullying and describe some of its potential effects. |

**Directions:** In 2017, a team fromthe Pew Research Center interviewed 743 teens, aged 13 to 17, and 1,058 parents.[[1]](#footnote-2) The interviews asked questions about some specific cyberbullying actions.

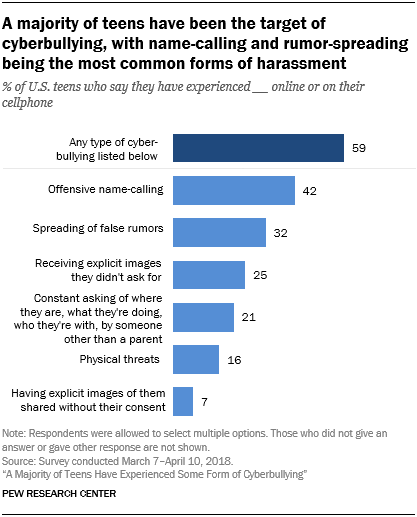
* In the table below, you’ll see a list of cyberbullying actions. Read the actions, and put a check in the column on the right if you or someone you know has ever experienced the cyberbullying action through a social media platform, an online forum, a messaging app, texts, or other on-line situations.
* After you’ve read through each cyberbullying action, tally up the total number of check and find the percentage experienced (divide your total number of checks by 6, then multiply by 100).

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| A black and white triangle with a exclamation mark  Description automatically generatedIf you have experienced any of these cyberbullying behaviors, or if you know anyone who has, speak to a parent or guardian, advisor, teacher, counselor, or another trusted adult, if you have not already. |

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| **Cyberbullying Action** | **I or someone I know has experienced this.** |
| Offensive name-calling |  |
| Spreading false rumors |  |
| Receiving explicit images you didn’t ask for |  |
| Constant asking of where you are, what you’re doing, who you’re with, by someone other than a parent |  |
| Physical threats |  |
| Having explicit images of you shared without your consent |  |
| **Total Percent** | **/ 6 x 100 = \_\_\_\_\_ %** |

**Reflection Questions for *What is Cyberbullying?***

**Directions:** The graphic below represents the results from the Pew Research study described on pg. 1. Use the graphic to answer the questions that follow.



1. What stands out to you about the results of this survey?

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1. How does the data in this graphic compare to your data from p. 1?

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***What is Cyberbullying?* (Continued)**

**Directions:** The list of cyberbullying behaviors on p. 1-2 is non-exhaustive (that is, it does not represent all instances of cyberbullying). Cyberbullying can be hard to recognize, but it is important to know what it is in case you, a friend, or a family member ever experience it. The following excerpt defines cyberbullying so we can better recognize it.

As you read,underline anything you find surprising. Then answer the reflection questions on p. 4.

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| **Cyberbullying: What is it?[[2]](#footnote-3)** **What is cyberbullying?** Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at scaring, angering or shaming those who are targeted. Examples include:   * spreading lies about or posting embarrassing photos or videos of someone on social media; sending hurtful, abusive or threatening messages, images or videos via messaging platforms * impersonating someone and sending mean messages to others on their behalf or through fake accounts   Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse. ***Am I being bullied online? How do you tell the difference between a joke and bullying?*** All friends joke around with each other, but sometimes it’s hard to tell if someone is just having fun or trying to hurt you, especially online. Sometimes they’ll laugh it off with a “just kidding,” or “don’t take it so seriously.” But if you feel hurt or think others are laughing at you instead of with you, then the joke has gone too far. If it continues even after you’ve asked the person to stop and you are still feeling upset about it, then this could be bullying. And when the bullying takes place online, it can result in unwanted attention from a wide range of people, including strangers. Wherever it may happen, if you are not happy about it, you should not have to stand for it. Call it what you will—if you feel bad and it doesn’t stop, then it’s worth getting help. Stopping cyberbullying is not just about calling out bullies, it’s also about recognizing that everyone deserves respect – online and in real life. |

**Reflection Questions for *What is Cyberbullying?* (Continued)**

1. Consider the description of cyberbullying that you just read. What information from the article did you already know or were you already aware of? What information was new, or something you hadn’t thought of before?
2. In your own words, how would you define cyberbullying?

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A person holding a phone with many speech bubbles above his head

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**Reflection Questions for *What is Cyberbullying?* (Continued)**

1. As you read about the effects of cyberbullying, underline details that demonstrate the seriousness of cyberbullying.

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| **What are the Effects of Cyberbullying?*****What are the effects of cyberbullying?*** When bullying happens online it can feel as if you’re being attacked everywhere, even inside your own home. It can seem like there’s no escape. The effects can last a long time and affect a person in many ways. People might feel ashamed, afraid or angry; they might find themselves losing sleep or losing interest in things they usually love. They may feel physical symptoms like headaches and stomachaches.  The feeling of being laughed at or harassed by others can prevent people from speaking up or trying to deal with the problem. In extreme cases, cyberbullying can even lead to people taking their own lives.  Cyberbullying can affect us in many ways. But these can be overcome and people can regain their confidence and health. ***How can cyberbullying affect my mental health?*** When you experience cyberbullying you might start to feel ashamed, nervous, anxious and insecure about what people say or think about you. This can lead to withdrawing from friends and family, negative thoughts and self-talk, feeling guilty about things you did or did not do, or feeling that you are being judged negatively. Feeling lonely, overwhelmed, frequent headaches, nausea or stomachaches are also common.  You can lose your motivation to do the things that you usually enjoy doing and feel isolated from the people you love and trust. This can perpetuate negative feelings and thoughts which can adversely affect your mental health and well-being. Skipping school is another common effect of cyberbullying and can affect the mental health of young people who turn to substances like alcohol and drugs or violent behavior to deal with their psychological and physical pain. Talking to a friend, family member or school counselor you trust can be a first step to getting help.  The effects of cyberbullying on mental health can vary depending on the medium through which it happens. For example, bullying via text messaging or through pictures or videos on social media platforms has proven to be very harmful for adolescents. |

1. How has this article added to your understanding of what qualifies as cyberbullying?

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**Reflection Questions for *What is Cyberbullying?* (Continued)**

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| **Optional Activity: *What is Cyberbullying* Video**  **Directions**: Watch the video “Emma’s Story: Cyberbullied by a Best Friend” by Common Sense Media, then answer the questions below.[[3]](#footnote-4)   1. Listen to this Emma’s story. Which Cyberbullying action(s) from p. 1 is she describing?   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Return to the graphic on p. 2 of this packet. Put a check next to the actions that Emma experiences. What does the information on the graphic reveal about Emma’s experience with cyberbullying?   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. What were some of the feelings and emotions the resulted from Emma’s experience with cyberbullying? Where do you see them described on p. 5 of your packet?   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. What might have prevented Emma from some of the most extreme emotions that are described on p. 5?   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Stamp Your Learning for *What is Cyberbullying?* (Continued)**

1. Imagine you were asked to speak to a middle school class about cyberbullying and its effects. Jot down 4-5 talking points that you feel the students should know about cyberbullying.

1. Monica Anderson, “A Majority of Teens Have Experienced Some Form of Cyberbullying.” *Pew Research Center*, September 27, 2018, <https://www.pewresearch.org/internet/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/> [↑](#footnote-ref-2)
2. Unicef. “Cyberbullying: What is it and how to stop it.” Accessed May 13, 2022. <https://www.unicef.org/end-violence/how-to-stop-cyberbullying#1> [↑](#footnote-ref-3)
3. “Emma’s Story: Cyberbullied by a Best Friend,” Common Sense Media,” June 24, 2013, <https://www.youtube.com/watch?v=qA1TJjJgdz8>. [↑](#footnote-ref-4)