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

***Dealing with Cyberbullying***

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| **Objective**: Examine some advice for dealing with cyberbullying and practice giving advice in various situations. |

**Directions:** The following list of steps to deal with cyberbullying are excerpted from Common Sense Media and from a resource produced by the Cleveland Municipal School District.

As you read how to address cyberbullying, **circle** any advice you find helpful. Then answer the questions on the following page.

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| **9 Steps to Deal with Cyberbullying**   1. **Don’t respond or retaliate -** It is very important that you do not engage with the cyberbully. They are looking to infuriate you, and you might say something you regret later. You may need to walk away from your device or log out of the social media site where the cyberbullying is happening to stay calm. 2. **Block the Bully** 3. **Save the Evidence -** take screenshots or screen record any of the abuse you received online and do not delete it. If you need to share your story with a trusted adult, your school, or a law enforcement agency, they may need proof of the cyberbullying in order to take action. 4. **Report Abuse -** Report the abuse to the social networking site. 5. **Tell a Trusted Adult** – Talk to the adult you are most comfortable with. They will be able to help you through this difficult time. Remember you do not have to and you shouldn’t have to go through this alone.   **Other Tips to Continue**:   1. **Confront the Bully** – IF the bully is someone you know from your school, club, team or through mutual friends, it might be a good idea to confront them. Some cyberbullies aren’t aware of what they are doing and how it is making you feel. Don’t presume that they know. Ask them to stop what they are doing to you. [*NOTE: You might discuss whether this is appropriate with your trusted adult.]* 2. **Bring it Further** - If you have followed steps 1-7 and the bullying has continued or if the messages you have been receiving are posing a real and current threat to your safety, it is time to do something else about it. You may need to contact the school, club or the police. Don’t hesitate to take further action. 3. **Change Privacy Settings** – Alter your privacy settings on your social networking accounts so that only your friends and family can see what you do. |

***Dealing with Cyberbullying* Reflection Questions (Continued)**

1. What advice did you find most helpful from this list? Why?

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1. Step 4 suggests you tell a trusted adult. This is especially important if you are experiencing cyberbullying yourself, but it is also helpful to get the advice of an adult if you are aware of a friend who is being cyberbullied. What trusted adult might you confide in? Why might you choose that adult?
2. You might also find it helpful to confide in a friend if you experience cyberbullying. What friend might you confide in and why?

A person comforting another person

Description automatically generated

**Stamp Your Learning for *Dealing with Cyberbullying***

1. Imagine one of your friends approaches you and tells you about this situation:

They’ve made a connection with a stranger on Instagram who they originally thought was a great friend. Now that “friend” sends them constant DMs, asking where they are and who they are with. When your friend doesn’t respond, the person calls them hateful names. Explain to your friend why this is an example of cyberbullying, then give them specific advice about what to do.

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1. Imagine that your friend’s situation is slightly different:

Your friend is being cyberbullied by a peer who goes to your school. This person has been posting mean, hurtful memes about your friend on social media platforms and then texting them to a bunch of your classmates. Explain to your friend why this is an example of cyberbullying, then give them specific advice about what to do.

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**Stamp Your Learning for *Dealing with Cyberbullying* (Continued)**

1. Was your advice for handling the two cyberbullying scenarios different? Why or why not? Would your advice change if you personally knew the cyberbully?

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