

# How to Stop Cyberbullying

**Time needed:** 30 minutes

**Recommended Level:** Grade 5-8

**Categories:** Cyberbullying, Empowering, Reporting

**Common Core Standard(s):** Writing to convey information, Speaking & Listening

**Purpose:** Students will know how to respond if they or someone they know is the target of a cyberbully.

## **DISCUSSION:**

Show the following short video. This video is a 13 year-old performing a song she wrote to honor Phoebe Prince, who committed suicide as a result of cyberbullying.

<http://www.pacer.org/bullying/video/player.asp?video=26>

## **ACTIVITY:**

Give the instructions for students to write down at least 5 strategies that would be appropriate to do if they were the target of cyberbullying. Tell them they have a limited amount of time to complete their list (1-2 minutes).

Provide time warnings. At the end of the time, explain to the students that they are going to complete a savings and loan exchange. They will be sharing their list with two other people in class and their job will be to both collect or save new ideas from the other person or loan one or more of their ideas to the other student.

Have the students turn to someone in their proximity and share their lists. Each person needs to record new ideas on their original list followed by the loaner's name in parentheses. After a minute or two of exchange then students may get up and find a second student to complete the savings and loan exchange with.

Bring the whole group together and compile the actions students identified. To get the sharing started, ask for students to share loans first (those things they got from another student). The final list should include these essentials:

- Don't react to the message/ignore the bully
- Keep evidence of cyberbullying. Record the dates, times and descriptions of instances when cyberbullying has occurred. Save and print screenshots, e-mails, and text messages.
- Block the bully using privacy settings when possible; remove him/her from your contacts/friends
- Don't retaliate if it continues
- Don't even open messages from someone who has bullied you
- Talk to a trusted adult
- Report the problem to the website monitor if it's on a social media site
- Be a friend, not a bystander
- Don't pass a cyberbullying message on to others
- Don't comment or post to another person's cyberbullying
- Speak up

## **FOLLOW-UP:**

Watch the video <http://www.youtube.com/watch?v=YmbisE80aFc> (31 seconds) "Cyberbullies are Chicken."



Helping Everyone with Anti-Bullying,  
Respect & Tolerance