



"A Tribe of Excellence"

Digital Citizenship Event

Talk and Take Action (10 minutes)

HAVE students return to their seats.

DISCUSS how easy it is to feel angry or upset when somebody sends you a mean or scary message online.

DEFINE the Key Vocabulary term **cyberbullying**. Explain that cyberbullies deliberately try to make you feel that way, just like real-life bullies. Discuss the following ideas about what they can do when faced with cyberbullying:

- *Cooling down can be a good first step when you receive a mean message online. Taking a deep breath, counting backwards from 10, or pausing to think about what you will do next can give you time to think of the BEST way to handle the situation.*
- *Finding help or telling a trusted adult or a friend can be a good way to take action. You shouldn't deal with the cyberbullying situation alone. The person you tell should be someone who wants to hear what you have to say, and will help you work on a solution. Adults can be especially good because they often have the power to influence the situation, or can give you advice about what to do.*
- *Ignoring the person who is cyberbullying you can be very effective. Those who bully often like attention.*
- *Whatever you do, remember to keep a copy of your communication with the individual who is cyberbullying you. If you delete the communication, there is no proof of how the bully treated you if you need to show it to a trusted adult.*

DISTRIBUTE the **Talk and Take Action Student Handout** to each student. Encourage them to depict a cyberbullying scenario and a possible solution. They can use pencils and paper or go online and use the free tool Make Beliefs Comix (www.makebeliefscomix.com) to complete a comic strip.

Key Vocabulary –

cyberbully (verb): using technology tools such as the Internet and cell phones to deliberately upset someone else