

Module 4: Cyberbullying

Education: Digital history

Using technology is the newest way to bully. Cyberbullying is when someone uses technology to send mean, threatening, or embarrassing messages to or about another person. It could be through video games, text, email, messages, or in a post online. This module's education piece will provide students with more information about cyberbullying, creating a positive digital history, and tips to being safe online.

View the [PowerPoint presentation](#), with educator notes.

Interaction: Online safety

It's important for students to know just as there are action steps they can take to stay safe at school, there are similar steps they can take to be safe online.

- Allow students to choose a social media platform or online interaction site and have them research the policies and rules on safety and cyberbullying within that site
- To help guide their research, provide students with a copy of the [“Social Media Privacy and Reporting Assessment”](#)
- After students research their sites, have them create a poster sharing a summary of these policies, as well as steps their peers can take if they experience cyberbullying. Share posters with the class so all students are aware of their online rights.

The following are social media and other websites where students interact:

- TikTok: <https://www.tiktok.com/safety?lang=en&appLaunch=web>
- Instagram: <https://help.instagram.com/502946753134317>
- Facebook: <https://www.facebook.com/safety/bullying>
- Snapchat: <https://www.snapchat.com/safety>
- Tumblr: <https://www.tumblr.com/policy/en/community>
- Twitter: <https://about.twitter.com/safety/teens>
- WhatsApp: <https://www.whatsapp.com/security>
- YouTube: <https://www.youtube.com/yt/policyandsafety/safety.html>
- Neopets: <http://www.neopets.com/safetytips.phtml>

Add different sites that are popular with your students to the list, such as online games.

Additional media activities

Elementary school - Book – [Team Rudolph and the Reindeer Games](#)

We all recall the most famous reindeer of all, but how much do you know about the story of the Reindeer Games and the other eight reindeer? Well, now you can know the whole story, meet the rest of Santa's trusted reindeer, and learn what it means to be on T.E.A.M. Rudolph!

As a follow-up activity, register for PACER's free toolkit on T.E.A.M. Rudolph. This includes a video picture

book of T.E.A.M. Rudolph and the Reindeer Games that you can share with your students along with learning activities, discussion guidelines, music, and more to bring the lessons to life. Register and learn more [here](#).

Middle and high school - Videos – [Slam Poem About Bullying](#), written and performed by Aija Mayrock

Aija Mayrock, author of *The Survival Guide to Bullying*, performs a “roem” (rap poem) about bullying at We Day Seattle in 2017 for 15,000 students. Along with this “roem”, Aija has additional spoken word and slam poetry on her [YouTube channel](#).

As a follow-up activity, have students create their own “roem” or poem, individually about cyberbullying or about standing together.