Welcome!

To warm up, reflect on these iconic characters - put your answer in the chat.

- 1. Identify the bully's name
- 2. Describe how they acted like a bully









Draco Malfoy from *Harry Potter*

Name-calling, insults, spreading rumors



Regina George from *Mean Girls*

Manipulation, gossip, public humiliation



Johnny Lawrence from *The Karate Kid*

Physical intimidation, verbal taunts, harassment

Online Safety Training

Module 2: Raising Kind Kids in the Age of Cyberbullying



Agenda -

- Context What is cyberbullying?
- 2. Bullying roles kids play
- 3. Practice supporting victims
- 4. Practice supporting bullies
- 5. Takeaways

Learning Goals 💢

You will be able to...

- Spot cyberbullying and help kids recognize their role
- Teach safe ways to respond, support others, and report issues
- Use open-ended questions to encourage sharing and step in if needed
- Promote empathy and guide kids in handling conflicts calmly



Our guiding principles

- Parenting is complex
- Different folks, different strokes
- Right questions > Right answers



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Fill in the blanks...

At least ____ % of middle and high school students have reported **cyberbullying**.

At least 33% of middle and high school students have reported **cyberbullying**.

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Fill in the blanks...

——— % of cyberbullying victims report it to their parents, and ———— % report it to a teacher.

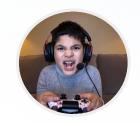
Only 40% of cyberbullying victims report it to their parents, and only 30% report it to a teacher.

Bullying increases the risk for anxiety, depression, and suicide.

Typical forms of Cyberbullying



Sharing a photo to mock someone in a group chat



Trolling someone in an online game



Engaging
with or
sharing
content that
embarasses
someone



Sending a hurtful message, privately or publicly



Creating a fake profile to harass or upset someone

What's the difference between traditional in-person bullying and cyberbullying?

What's the difference between in-person and cyberbullying?



Medium of interaction



Persistence



Audience size



Accessibility and reach



Physical presence



Anonymity



Emotional impact on perpetrators



Supervision and authority



Parents' Roles:

- Recognizing when a child is a victim
- Recognizing when a child is a participant
- Guiding them in both scenarios





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Signs of cyberbullying



Spending more time than usual in room



Withdrawal from family members, friends, activities



Upset during or after using internet/phone



Secretive or protective over digital life



Avoiding school or group gatherings



Slipping grades and acting in anger at home



Being nervous or jumpy when getting a message, text, or email



Changes in mood, behavior, sleep, appetite



Avoiding discussions about computer or phone activities



Suddenly wanting to stop using the computer/device

Bullying roles:

The bully

The victim

... what other roles could there be?



The bystander



Someone who witnesses bullying but is not directly involved as a perpetrator

...what other roles are there?

The upstander *





Someone who chooses to support a person who is being abused or harmed

...how can someone become an upstander?

How to be an upstander:

- Don't encourage the bully (no laughing)
- Don't become an "audience" for the bully
- Redirect the bully away from the victim
- Stay at a safe distance
- Help the target get away



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Conversation tips

- 1 "What do *you* think?"
- 2 "I" vs "you should"
- Go slow and get back to them if needed

Working with AI



- 1 Al is not perfect
- 2 Scenario mismatch
- 3 Take what you can and leave the rest

SUPPORTING THE BULLIED

Practice with kids



Mike Middle school



June High school

Logging in



2. Choose Mike or June



REFLECTION

What was challenging? What worked?



SUPPORTING THE BULLY

Practice with kids



David Middle school



Jessa High school

Logging in



2. Choose David or Jessa



Reflection

What was challenging?



What worked?

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Q&A

Takeaway

What is one idea or plan you want to carry with you from tonight?



Thank you!

Your contact info