

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

1. 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



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**.

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 embarrasses 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



A decorative graphic consisting of four short, blue, curved lines of varying lengths, arranged in a fan-like shape pointing towards the top right.

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





Let's practice

Conversation tips

1

"What do *you* think?"

2

"I" vs "you should"

3

Go slow and get back to them if needed

Working with AI



1

AI 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

1. Work on your own and compare with your partner later
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

1. Work on your own and compare with your partner later
2. Choose David or Jessa



Reflection

What was challenging?



What worked?

Q&A



Takeaway

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



Thank you!

Your contact info