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

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Introductions

Uber Eats voucher for those who complete the session

Agenda

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

Learning Goals ⚡

Parents and caregivers 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.

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?

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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

See *The Family Guide to Cyberbullying in your HUB*

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

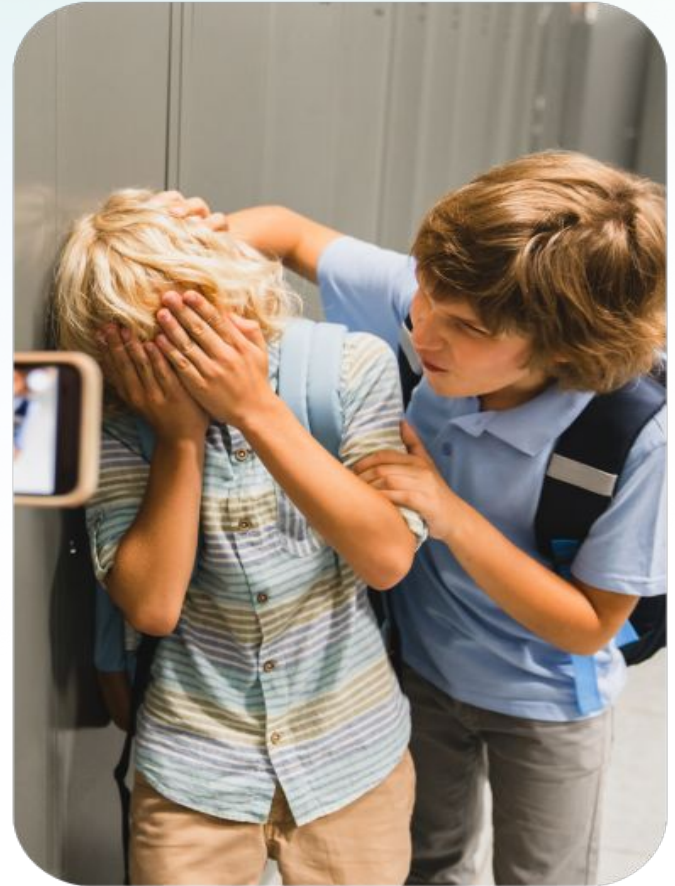Avoiding discussions about computer or phone activities

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

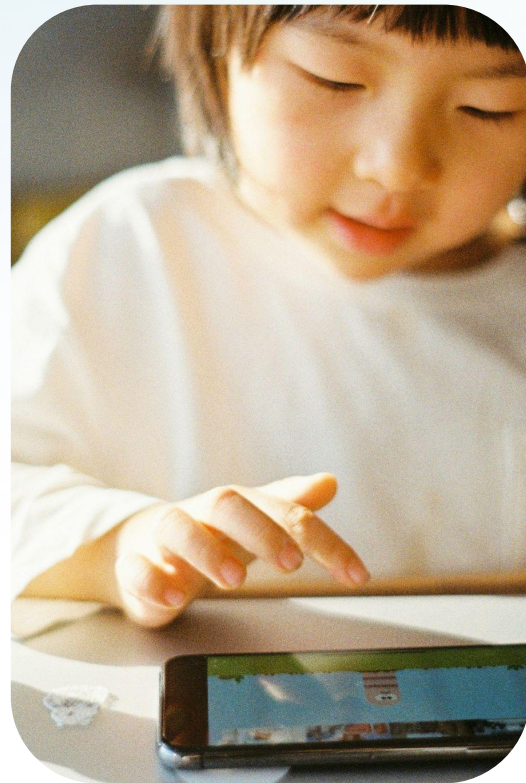Someone who chooses to support a person who is being abused or harmed

...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

See *Becoming an Upstander* in your HUB

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

Logging in

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

2. Choose Mike or June

REFLECTION

What was challenging?

What worked?

Logging in

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

2. Choose David or Jessa

scenarios

FLOWCODE
PRIVACY.FLOWCODE.COM

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 today?

If you're planning to teach this session...

OSO Training Kit >> givebacks.com/oso

- Slides to deliver training
- AI Chatbots for continued practice
- *Cyberbullying*: *Twenty Crucial Stats, Differences Between Cyberbullying and In-Person Bullying*, and *The Family Guide to Cyberbullying*
- Becoming an Upstander Activity

➕ Plus upcoming trainings and more!

Parent take-home kit

We've got everything parents need to talk about cyberbullying with their kids.

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Aura

As a leader in family online safety, Aura helps families navigate challenges as they raise the first truly connected generation.

FOR YOU + PARENTS IN YOUR COMMUNITY

Free Parental Controls from Aura for 30 Days

Filter, block, or monitor what your kids are doing online. Parental Controls from Aura allows you to set custom screen time limits, pause the Internet®, and much more.

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Find everything you need at:

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Email with Uber Eats gift card and all of this info will follow :)

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Questions?

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