



CYBERBULLYING, DIGITAL DRAMA & HATE SPEECH

We are kind & courageous.

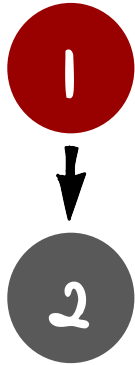
What You Send in
"That Moment
When ... "



Essential Question

How can we act with empathy and positivity when we're online?

Learning Objectives



Identify examples of online behaviors that may hurt, embarrass, or offend others.

Use the Feelings & Options thinking routine to analyze and respond to a digital dilemma.



Digital dilemma

A situation in digital life where it's not always clear what's best to do



WATCH + DISCUSS



Huffman, Lukas (Director). (2013). The Accidental Bully. Positive Actions and Choices for Teens (PACT). Community Healthcare Network. <https://youtu.be/97de0hsC7xl>

Discuss:

- What makes this a digital dilemma?



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Feelings & Options

Identify. Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel. What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?

Imagine. *Imagine* options for how the situation could be handled. Come up with as many ideas as possible: There's no one "right" answer! Then choose: Which option might lead to the most positive outcome, where most people feel good or taken care of?

Say. Thinking more about the idea you chose for handling the situation, what could the people involved *say*?



RELATIONSHIPS & COMMUNICATION

We know the power
of words & actions.

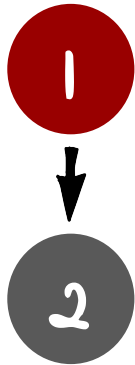
Chatting and Red Flags



Essential Question

How can you tell when an online relationship is risky?

Learning Objectives



Identify the types of messages that might cause a red flag feeling for someone.

Use the Feelings & Options thinking routine to analyze and respond to a situation involving a red flag feeling.



Think about what you share through digital media: text messages, social media, messaging apps, etc. How much of the real you comes through? How is the *you* that you present through digital media different from the *you* face-to-face?

Directions:

Take a moment to think about the prompt. Then, discuss your thoughts with your partner.



WATCH + DISCUSS



To watch this video on YouTube, click [here](#).

Discuss:

- How are the chat messages in this video misleading?



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Grooming (online)

When someone older uses chatting or messaging to befriend and manipulate a child or teenager for the purpose of sexual abuse or sex trafficking



Red flag feeling

When something happens that makes you feel uncomfortable, worried, sad, or anxious



Feelings & Options

Identify. Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel. What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?

Imagine. Imagine *options* for how the situation could be handled. Come up with as many ideas as possible. Then, choose which option might lead to the most positive outcome, where most people feel good or taken care of.

Say. Thinking more about the idea you chose for handling the situation, what could the people involved say? Be as specific as possible.

What Should Sheyna Say?

1. [Capture student responses here.]

