



**Did you know that October is National Bullying Prevention Month?**

**With guidance from parents and educators, kids can learn how to dodge the drama and stand up for others.**

**Model how students can connect positively online, treat others respectfully, and create a culture of kindness.**

#### **Keep Private Things Private**

**Don't Share Personal Information**

- \* passwords
- \* birthdate
- \* home address
- \* inappropriate images
- \* gossip.

**What to do if you become a target of online harassment.**

#### **5 Tips about Cyberbullying**

1. don't respond or retaliate
1. block the bully
2. save the evidence
3. report it
4. tell a trusted adult

## **Welchester Elementary October - Cyber Bullying We are Kind and Courageous**

We are learning about Digital Citizenship learning related to **Cyberbullying, Digital Drama & Hate Speech**. Unfortunately, many students will encounter mean behavior at some point in their digital lives. Some of these experiences are easily forgotten, while others can have deep, long-lasting effects. For families, the key is staying involved in your children's lives -- both in the physical and online worlds -- so you can step in and offer help if necessary. This month, you can help your child (ren) learn how to avoid the drama and stand up for others:

### **Grades K-5 Family Tips**

- ◆ **Define Your Terms** - Make sure kids understand what cyberbullying is: repeated and unwanted mean or hurtful words or behavior that occur online (through texts, social media posts, online chat, etc.).
- ◆ **Check in about online life** - Stay on top of their online life. Who are they chatting with? How do people treat each other in the games and on the sites they're using?
- ◆ **Role-play** - If kids feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use, ways they can steer conversations in positive directions, etc.
- ◆ **Encourage Upstanding**- Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important, too.
- ◆ **Take Breaks** - If you notice your kid getting pulled into digital drama, help them take a break. It's great if they can determine for themselves when they need to step back, but they might need some help setting limits. Putting devices to bed at a specific time, plus breaks for mealtimes and face-to-face connection, can help kids recharge.
- ◆ **Review worst-case steps** - Walk through what to do if your kid is being bullied online. First, step away. Ignoring a bully can be very effective. If the bullying continues, take screenshots or print out evidence. Then block the person. If it gets worse, report the behavior to a trusted adult. Talk about who those people are and make sure your kid has their contact information.

#### **Family Resources**

[www.common sense media.org/cyberbullying](http://www.common sense media.org/cyberbullying)

[www.jeffcopublicschools.org/academics/curriculum/](http://www.jeffcopublicschools.org/academics/curriculum/)

[technology\\_in\\_the\\_classroom/digital\\_wellness/cyberbullying](http://www.jeffcopublicschools.org/academics/curriculum/technology_in_the_classroom/digital_wellness/cyberbullying)

# Media Balance Is Important



## Good news:

Your kid is learning about media balance! What does that mean? They're learning to ...

- "Pause for people" and stop using devices when someone wants to talk.
- Know when it's time to move their bodies and go outside to play.
- Turn off screens before bedtime.
- Ask before they use a device, and stay on trusted sites and apps.
- Listen to their feelings and tell an adult if something makes them uncomfortable.



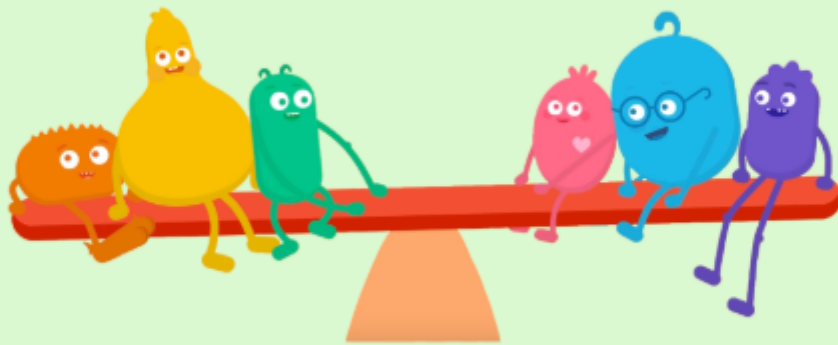
Check out the music video featuring our favorite digital citizenship friends!

Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.commonsense.org/education/videos/balance-is-important-video>

## Now talk about this together:

1. What was your favorite part of the song and why?
2. How can we work together to have media balance as a family?
3. What would that look like? You can even draw a picture that shows your whole family practicing media balance!



Learn more ways to find balance in your digital lives at [commonsensemedia.org](https://www.commonsensemedia.org)!



## Pause & Think Online



There are lots of things to think about when it comes to being a responsible digital citizen. At school your kid is learning all about it, and now they can show you what they know! They're learning to ...

- Pause and think before searching, clicking, or sharing.
- Be kind online.
- Find balance using media and tech.
- Pay attention to their feelings to make sure they feel safe and know when to stop.
- Stand up to online bullies.
- Carefully choose the digital footprints – like posts, pictures, and comments – they leave behind.



Check out the music video featuring our favorite digital citizenship friends! Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.commonsense.org/education/videos/pause-think-online>

### Now talk about this together:

1. What was your favorite part of the song? Why?
2. What's your favorite character? Why?
3. What are some ways you can do what your favorite character does?
4. What could be hard about it, and how would you keep going anyway?



Learn more ways to find balance in your digital lives at [commonsensemedia.org](https://www.commonsensemedia.org)!

## We the Digital Citizens



The internet can be fun, but it also requires responsibility, so your kid is learning how to be a safe, strong digital citizen! What does that mean? They're learning to ...

- Find fun, cool stuff online.
- Set limits on how much time they spend online.
- Keep personal information — like their phone number and address — private.
- Pause and think before searching, clicking, and sharing.
- Ask before they go online.
- Pay attention to their feelings and ask for help when they feel scared or confused about something they see online.

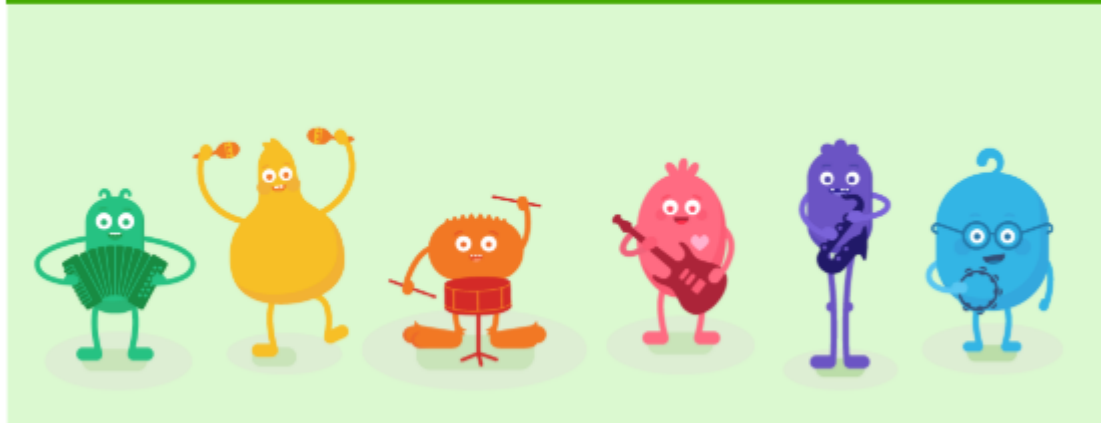


Check out the music video featuring our favorite digital citizenship friends! Watch it together (turn on captions so you can see the lyrics), and sing along!

<https://www.commonsense.org/education/videos/we-the-digital-citizens>

### Now talk about this together:

1. What was your favorite part of the song? Why?
2. What rules do we have about using apps and going online?
3. What sites are OK to use?
4. What are the time limits? Make a list of safe sites and apps and your rules to put in a place where your whole family can see it!



Learn more ways to find balance in your digital lives at [commonsensemedia.org](https://www.commonsensemedia.org)!

GRADES 3-5: DIGITAL CITIZENSHIP FAMILY ACTIVITY

# Cyberbullying, Digital Drama, & Hate Speech



CYBERBULLYING, DIGITAL DRAMA  
& HATE SPEECH

We are kind  
& courageous.

Digital citizenship: Thinking critically and using technology responsibly to learn, create, and participate

## Instructions

Blocking and reporting bullies is important. Find out how to block and report people on an app or website that allows chat. Get one or more family members together to help. Don't forget to read the setup before doing the activity together!

## Setup

Read aloud, step by step: Sometimes people say and do things online that can hurt others. We need to be kind online and stand up to bullies. And if someone is bullying us, we can stand up for ourselves by blocking and reporting them. Blocking a bully makes it so they can't chat with us anymore, and reporting means telling the site or app about the bullying behavior.

## Activity

Read aloud, step by step:

- Let's open a website or app that has chat (Roblox, Fortnite, Minecraft, Animal Jam, TikTok, or a social media app). If I don't use these, my family member can open a social media app they use.
- Each site or app is a bit different, but usually tapping on the the other person's picture or profile is the first step. Let's try it.
- Let's find the choices about blocking and reporting the other person.
- How can we turn off chat or have a private account? It's always best to only chat with people you know face-to-face.
- If we get stuck, we can use the Help section or search online for how to block and report on that site or app.

## Drama digital, ciberbullying y expresiones de odio



DRAMA DIGITAL, CIBERBULLYING  
Y EXPRESIONES DE ODIO

Somos amables  
y valientes.

Ciudadanía digital: Tener pensamiento crítico y usar la tecnología con responsabilidad para aprender, crear y participar



### Instrucciones

Somos personas amables y valientes; por lo tanto, es importante bloquear y denunciar a los agresores. Averigua cómo bloquear y denunciar a una persona en una aplicación o en un sitio web que permite mantener conversaciones por chat. Pídele ayuda a uno o varios miembros de tu familia. No olvides leer el contexto antes de hacer la actividad en familia.



### Contexto

Lee cada paso en voz alta: A veces, las personas dicen y hacen cosas por Internet que pueden lastimar a otras. Tenemos que ser amables por Internet y enfrentar a los agresores. Si alguien nos está agrediendo, podemos defendernos bloqueando y denunciando al agresor. Bloquear al agresor significa que esa persona no va a poder conversar más por chat con nosotros, y denunciar al agresor significa informar al sitio o a la aplicación sobre su comportamiento.



### Actividad

Lee cada paso en voz alta:

- Vamos a abrir un sitio web o una aplicación que tenga chat (Roblox, Fortnite, Minecraft, Animal Jam, TikTok o una aplicación de las redes sociales). Si no usas estas aplicaciones, uno de tus familiares puede abrir una aplicación en las redes sociales que use.
- Cada sitio o aplicación es un poco diferente, pero generalmente el primer paso es seleccionar una fotografía o el perfil de otra persona. Intentémoslo.
- Descubramos las opciones para bloquear y denunciar a otra persona.
- ¿Cómo puedes desactivar el chat o tener una cuenta privada? Siempre es mejor tener conversaciones de chat con gente que conoces en persona.
- Si tienes dificultades, puedes usar la sección de Ayuda o buscar en Internet cómo bloquear y denunciar a una persona en ese sitio o esta aplicación.

Visita [commonsense.org/tips-sobre-ciberbullying](https://www.common sense.org/tips-sobre-ciberbullying) para aprender más sobre cómo ser amable por Internet.