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Date _____



NATIONAL
ASSOCIATION OF
SCHOOL
PSYCHOLOGISTS

CyberSmart!

21st century skills
for education



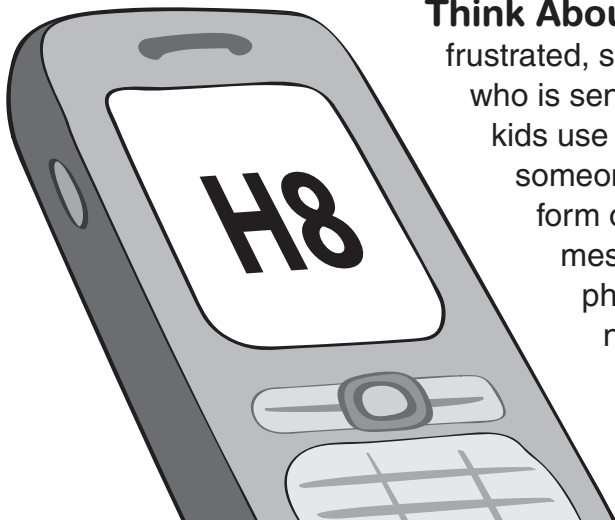
Cyberbullying: Crossing the Line

Eric gets a lot of pressure from his parents to do well in school. Other kids in school tease him because he tries so hard but still gets bad test scores. He gets instant messages and text messages during the day and at night. The word *loser* is in most of them. Eric thinks he knows who is behind the messages: Alexis, the most popular girl in the eighth grade. To get back at Alexis, Eric sends her this message: *I'm going to kill you for doing this. Your friends, too.*



What's the Problem? How do you think Eric feels?
What about this situation is making him feel this way?

How do you think Alexis felt when she got Eric's message?



Think About It *Cyberbullying* can make you feel angry, frustrated, sad, or fearful—especially when you don't know who is sending the harassing messages. Sometimes kids use language that says they want to hurt someone. When this kind of language comes in the form of an electronic message—an e-mail, instant message, or text message over computers or cell phones—it's hard to tell whether it is serious or not. No matter how a message is sent, words that say you intend to hurt someone are taken very seriously by schools, parents, and the police.

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Find Solutions What should Alexis do?

What could Eric have done instead of sending the message to Alexis?

What should the other kids who knew about the messages Eric was getting have done?

Be CyberSmart!

- Everyone has a right not to be cyberbullied.
- Save copies of bullying IMs, e-mails, or other threatening electronic messages.
- When cyberbullying includes threats, a line is crossed and should be reported to trusted adults immediately.

Take Action:

Brainstorm Reporting Tools

No one wants to feel like a rat, but sometimes it's important to tell trusted adults so they can help prevent cyberbullying situations from getting worse.

Most kids say they would report cyberbullying if they didn't have to identify themselves. Brainstorm ways for students to anonymously report cyberbullying to your school. Make notes or drawings in the box. Present your plan to your class.

[Large empty box for brainstorming reporting tools]