

LESSON 2

CYBERBULLYING



Today's Lesson: Lesson 2

In today's lesson, your child was introduced to the concepts of finding the **courage** to stand up to **bullying** and the dangers of **Cyberbullying**. A **bully** is defined as someone who says untrue or unkind things just to be mean. Your child learned that when someone uses the **Internet** or **social media** to do this, it is called cyberbullying. Your child was also introduced to a safety tool, **Cyber P.L.A.N.**, that will help keep them safe on the **Internet**.

Cyber P.L.A.N.

- **P** stands for **Permission**: Your child needs to have your permission each time they go online. The importance of protecting passwords for their computer, phone, or other electronic devices is stressed in this lesson.
- **L** stands for **Location**: Your child needs permission from their trusted adult to visit an approved location – website, game site, app, or social media. They should never visit a site unless it has been approved by a trusted adult, and they should never go to chat rooms.
- **A** stands for **Activity**: Your child needs to understand that they should only use their electronic devices for the permitted activity of a game, site, or app that is allowed by you.
- **N** stands for **Name**: Your child had the concept reinforced that they need to know the name of anyone they interact with online to make sure that they know who they are talking to, that they are a real person, and that they are who they say they are. The idea that your child would not chat or reply to a stranger online, just like they would not talk to strangers alone in person, is stressed.



Human Trafficking Prevention

Human trafficking prevention components covered in this lesson discuss the concepts of **digital safety**, including safe uses of **digital devices**, **social media**, and cameras, while raising awareness of the possible dangers students may encounter online.



Caregiver Connection

Today's lesson focused on how we must find the courage to stand up to bullies and how we need to find the courage to not contribute to **bullying** others, too. In today's video, your child saw a scenario in which A.J. is teased and bullied when an embarrassing picture of him is posted online and continues to be posted by others. The fact that once something is posted online, it is there forever, even after it has been deleted, was reinforced in the video. A picture, an email, or a text that continues to be posted by others as a way of embarrassing, threatening, or hurting someone is **cyberbullying**, and anyone who participated in that distribution was a part of the bullying. Your child learned that if they receive such a picture, email, or text, it is their responsibility to tell an adult in their **Safety NETwork**. Your child's **Safety NETwork** is made up of all the trusted adults and friends your child can go to when they need help.

Ask your child if they have ever been in A.J.'s situation. Have they had someone embarrass, threaten, or try to hurt them through social media or other Internet communication? What did they do? How did it make them feel? Have they received an inappropriate picture, text, or email? What did they do? Have they participated in forwarding or posting something hurtful or embarrassing to someone else? It is also important to ask, "What if ..." to all these questions to gauge what your child would do if any of these situations happened to them. Your guidance and support as they navigate the cyber world is critical for them to make safer, smarter choices and decisions.

Extension Activity

Please work with your child to fill out the **Safety NETWORK** activity below. Help brainstorm names of people who are considered **trusted adults**. Your child should write the names of the three or more adults who are safe to go to whenever your child feels scared or confused. As you do this with your child, make sure the names you write down are also people with whom you feel your child is safe. At least one person in the **Safety NETWORK** must be someone outside the family, and everyone should be old enough to drive a car so that these **trusted adults** can seek help for the child if necessary. Also, be sure to brainstorm with your child about other adults they can turn to for help when a member of their **Safety NETWORK** is not available.

Please display the **Safety NETWORK** in a prominent place in your house, like the refrigerator. Putting it in a place for everyone to see will reinforce the **trusted adult** principle with your child and help others see that your child has a system to report unsafe behavior. Also, please remember to also review your child's **Safety NETWORK** with them and help them update it periodically to ensure it stays current.

Safety Network Extension Activity - may be downloaded and printed

- [Steps-to-Safety: Creating a Safety NETWORK](#)

Next, help your child send a letter to each member of their **Safety NETWORK**. This letter explains how important each member of their **Safety NETWORK** is in their life because they are a safe person for your child to go to in any situation where they may need help. Be sure to give these letters to the people in your child's **Safety NETWORK**, so they understand the important role they play in your child's life. Below are two options for sharing these letters with your child's **Trusted Adults**.

Send Your Safety NETWORK a Letter - pdf

1. Download and print a copy for each **Safety NETWORK**. Click the link to view the letter and download the letter: [Safety NETWORK Letter - pdf](#)
2. Have your child type or write the name of the **Trusted Adult** on each letter and sign their name at the bottom.
3. Mail or give the letters to your child's **Trusted Adults** in person.

Safety NETWORK Letter - email template

1. Click the link to "Make a copy:" [Safety NETWORK Letter - email template](#)
2. Replace the text in the template with the **Safety NETWORK's** name and your child's name
3. Select all the text on the page and select "copy."
4. Go to your email account and compose a new email.
5. Go to the body of your email to "paste" the text you copied from the template.

6. Add the email address of your child’s **Trusted Adult**.
7. Add a “subject” (Suggested subject title: “You are a Trusted Adult in my Safety NETwork.”)
8. Send.
9. Repeat this process for each **Trusted Adult** in your child’s **Safety NETwork**.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. All activities may be downloaded and printed.

- [Steps-to-Safety: Helping Your Child Make a Cyber PLAN](#)
- [Steps-to-Safety: Cyberbullying](#)
- [Create a Family Password](#)
- [Awareness of Surroundings Worksheet](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 1.

- [Let's Practice: Lesson 2 Vocabulary](#)

Tips to Further Today's Lesson

Using the steps in this Parent Newsletter, create a **Cyber P.L.A.N.** in your home.

For more ways to talk to your students about staying safe, visit [Safer, Smarter Schools](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

