

# Cyberbullying: Be Upstanding

**\* DID YOU KNOW ...**

One in four teens has been cyberbullied, but only one in 10 tells an adult, meaning that many suffer without support. Speak up! Adults can help.

## Unjumble to find the hidden words

1. hgrycopti \_\_\_\_\_

2. ettiidny thtfe \_\_\_\_\_

3. atmzipehe \_\_\_\_\_

4. ynsredbta \_\_\_\_\_

5. bnavullree \_\_\_\_\_

6. daeim \_\_\_\_\_

**\* WHAT DO YOU THINK?**

What kinds of online behaviors could be considered cyberbullying?

**\* DO YOU REMEMBER ...**

How you can show bravery if someone is being cyberbullied and you're a witness?

## 1. Family Activity

Interview a friend or family member to find out if he or she has ever witnessed someone being mean or cruel online. Find out what he or she did at the time, and ask what he or she might do differently today. Then, share your perspective: Have you ever witnessed someone being mean or cruel online? What did you do at the time, and what might you do differently today?

## 2. Tech It Up!

With a friend or family member (or on your own!), watch Coke's 2015 #MakeltHappy commercial (<https://www.youtube.com/watch?v=ibgvkXm9Qkc>). If either of you has a social media page, look at a few posts or comments and see how you could improve them to #MakeltHappy! You also could do this by looking at the comments section of an article you recently read or a YouTube video you recently watched.

## 3. Common Sense Says ...

Be an upstander, not a bystander! If you witness cyberbullying, you can help by supporting the target and letting the bullies know their behavior is not acceptable. Here are some things you can do:

- ~ Step in to help in a cyberbullying situation by letting the target know you're there for him or her.
- ~ Listen to and empathize with the target.
- ~ Do not spread rumors. Instead, tell the cyberbully to stop.
- ~ Report what's happening to a trusted adult or website administrator or encourage the target to tell a trusted adult. A trusted adult is someone whom you believe will listen and who has the skills, desire, and authority to help you.

