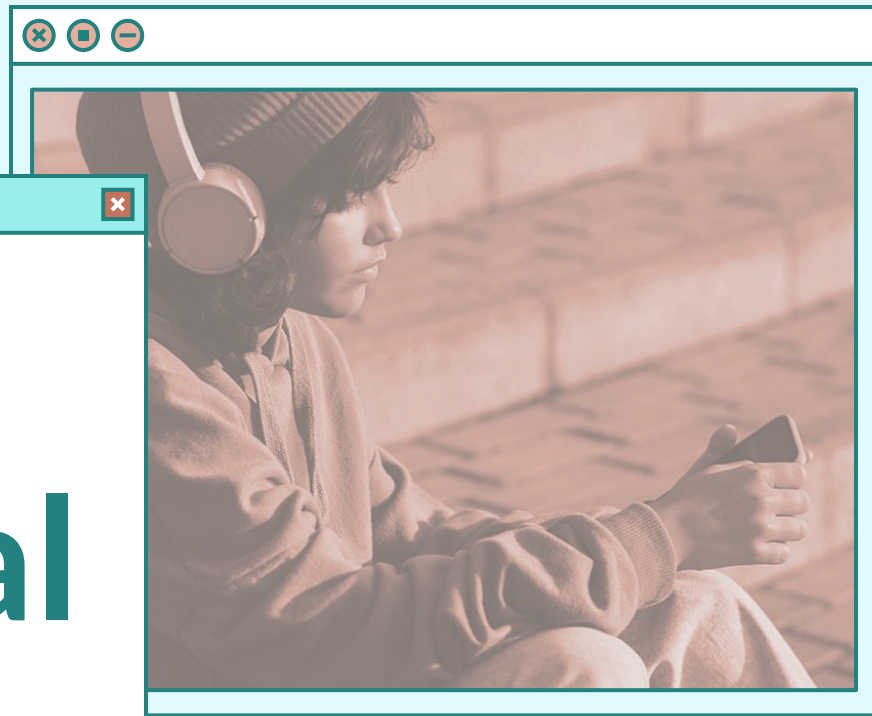
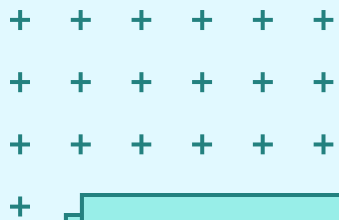
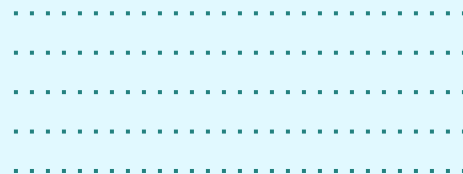




Dealing with Digital Drama



American School Counselor Association Standards

(2021)



- **M2.**

Sense of acceptance, respect, support, and inclusion for self and others in the school environment

- **B-SS 8.**

Advocacy skills for self and others and ability to assert self, when necessary

Virginia Social Emotional Learning Standards



- ***Self-Management***

SeA2: 5-6b, I can identify actions I can take to overcome personal challenges.

- ***Relationship Skills***

ReS1: 5-6a, I can explain and demonstrate how positive communication skills help build and maintain healthy relationships. (Incorporate social media)

Learning Objectives



01

Language Objective



Students will learn the following definitions:

- Anonymous
- Cyberbullying
- Empathy
- Hate speech
- Harassment

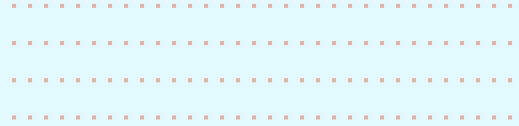
02

Content Objectives



- Students will learn how to be respectful, supportive, and inclusive on digital platforms
- Students will learn how to advocate for themselves and others to be upstander or ally in cyberspaces

WARM UP



Directions

What percentage of people in this class do you think are on social media, like Instagram, Snapchat, or something similar?
Show what you think by raising your hand:

5 fingers = most or all



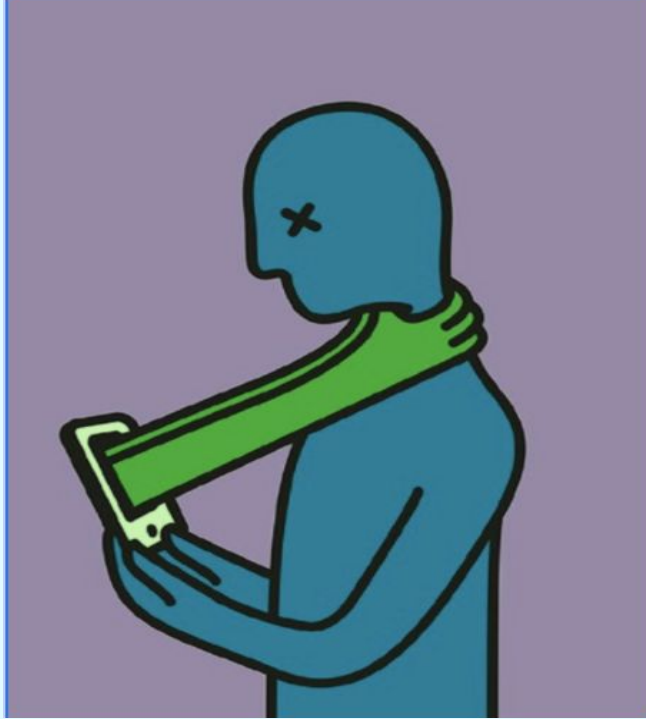
3 fingers = about half



1 finger = few or none



Let's reflect. What do you see?



1. What do you see?
2. What do you think about when you see this artwork?
3. What does the artwork make you wonder?

Key Terms



Cyberbullying

- Repeated unwanted hurtful words or behavior that occurs online
- Includes sharing negative or harmful content about someone on purpose
- Can happen through text messages, online chats, or social media

What are some examples of cyberbullying?

Key Terms



Hate Speech

- An attack targeting a person or people because of a group they belong to -- race, gender, religion, ability, sexual orientation, etc.
 - Occurs in many ways, but one common way is on the internet or social media.
 - Often when it is online, it is also **anonymous**, which means it is *without a name or other information that identifies a person*. This makes it more difficult to identify who posted it.

Key Terms



Hate Speech examples

- Making fun of someone because of their skin color or where they are from
- Calling people “gay” as an insult
- Making fun of someone’s accent, food, or clothes
- Calling someone a ‘monkey’ or ‘SPED’
- Using racial slurs
- Saying someone can’t do something because of their gender or disability

Remember, think before you speak. Treat others the way you want to be treated. If you hear hate speech, tell a trusted adult.

Other Key Terms



Empathy

- To imagine the feelings that someone else is experiencing -- put yourself in their shoes

Online Harassment

- The use of technology (cellphones, computers, social media, or gaming platforms) to bully, threaten, or aggressively hassle someone
- Includes name-calling, stalking, and physical threats

How about now?

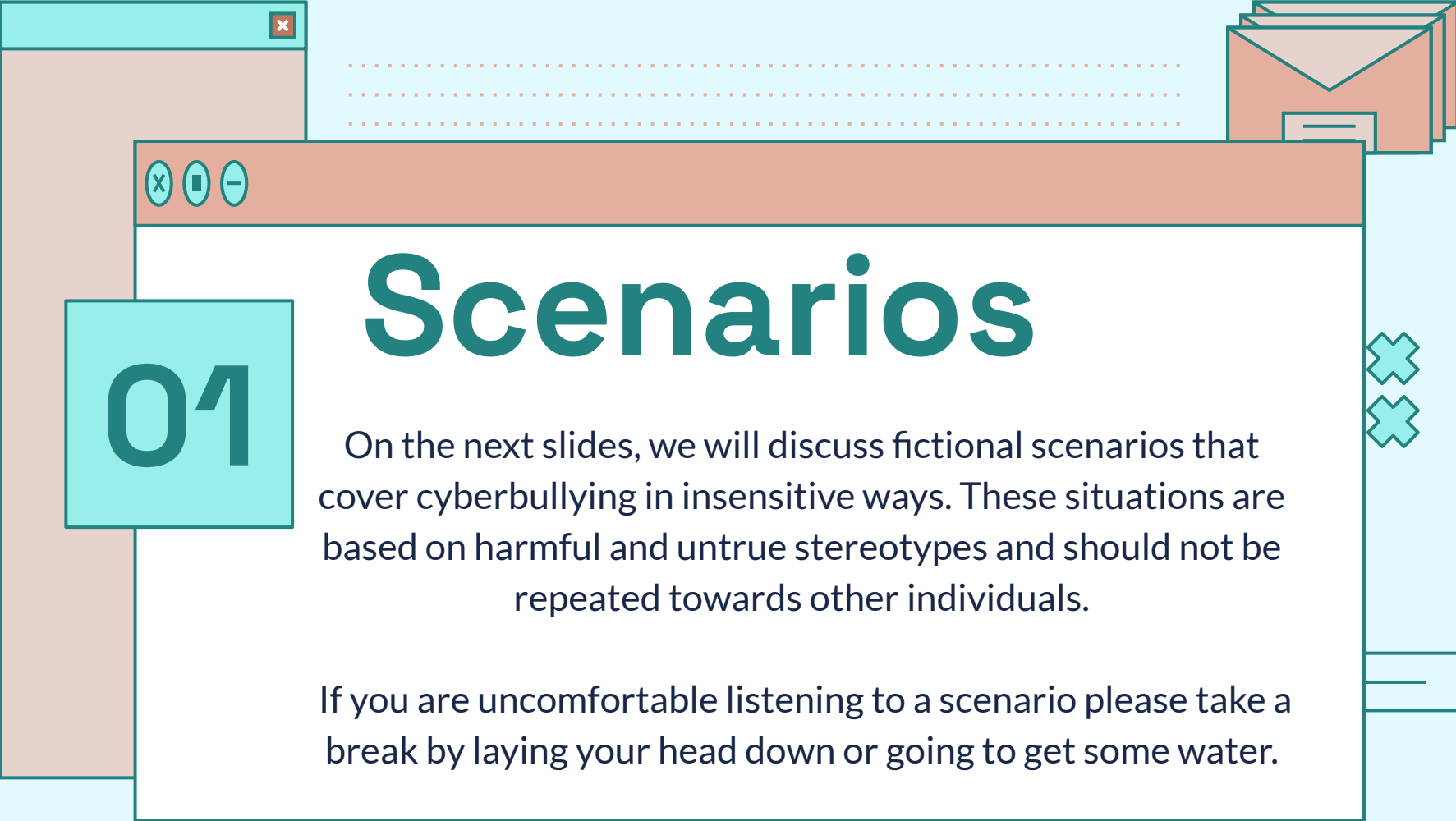


1. Pretend this artwork is entitled, “Online Hate Speech”
2. Do you view it any differently?
3. What does the artwork make you wonder?

How do you respond to cyberbullying?



- The goal is to de-escalate the situation - try to make it better, not worse
- **Don't respond** online, bullies often want a big reaction
- Screenshot it to show a trusted adult
- Report the post online and block the bully
- Tell a trusted adult right away - parent/guardian, teacher, counselor, administrator, or coach
 - You are not snitching, you are protecting yourself
 - You have the right to feel safe online



01

Scenarios

On the next slides, we will discuss fictional scenarios that cover cyberbullying in insensitive ways. These situations are based on harmful and untrue stereotypes and should not be repeated towards other individuals.

If you are uncomfortable listening to a scenario please take a break by laying your head down or going to get some water.

Respectful Discussion Norms



1. Speak your truth.
2. Respect others' viewpoints.
3. Don't interrupt.
4. Disagree respectfully

Bystander, Ally or Upstander



Usually, with cyberbullying, there are other people who see cyberbullying happen. In these situations, people can be **bystanders**, **allies**, or **upstanders**.

- A **bystander** observes the conflict or unacceptable behavior but does not take part in it.
- An **ally** is someone who responds to the bullying situation by supporting the person being bullied (checking in with them, being a friend to them, etc.).
- An **upstander** tries to stop the bullying by directly confronting the person who is doing the bullying or by telling a trusted adult.

Scenario 1



Kyle walks by his best friend Jonathan while he is on his iPhone and notices that he keeps hiding his screen and pretending that he isn't doing anything when he walks by or gets close to him. Upon further observation, Kyle sees that Jonathan is sending out mean messages via what seems to be an account he has set up to impersonate another student. Kyle finds Jonathan's fake account and reports it to the app's administration.

Was Kyle a bystander, ally or upstander? Why?

Scenario 2



During lunch, Jade and Dana overhear their group of friends talking about one of their upcoming birthday parties. Jade and Dana both express interest in attending. Throughout the week the group starts to include Jade in their discussions. They tell Jade they don't want Dana to attend, but want her to feel like she is missing out. Jade feels bad, but doesn't want to lose her invite. The party takes place over the weekend and the group makes multiple post noting "best friends forever"

Was Jade a bystander, ally or understander? Why?

Scenario 3



After school, during dismissal, Josh and Erin joined a group of male students that rushed to the gym. Posted outside of the gym was a list of individuals that had made the school's soccer team. The identity of each student was supposed to be anonymous. Mr. Russell, the school's soccer coach, had given each student their own number. Though anonymous, Erin had mostly learned everyone's number during tryouts. He shared this information with Josh. Josh took a picture of the numerical list, then wrote each person's name and negative comments. Later that evening, Josh posted this picture. When Erin noticed he asked Josh to delete the post, which Erin refused. Josh reported the post and explained the incident to a trusted adult at school.

Was Josh a bystander, ally or understander? Why?

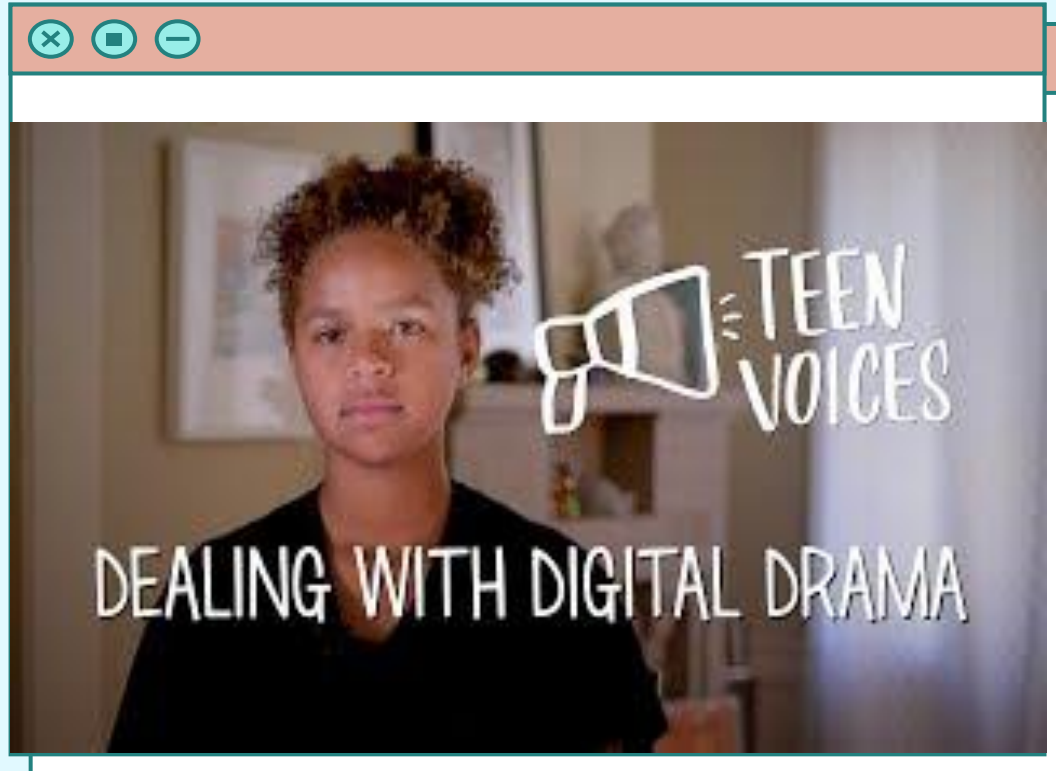
How to be an upstander/ally in cyberspaces



1. Don't respond or retaliate online
2. Reach out and support the person being targeted
3. Tell a trusted adult about the situation
4. Encourage your friends to avoid spreading the drama online

5. Report or flag the post on the app/website
6. Block the person who is causing harm
7. Save or take a screenshot of the text/online activity
8. Raise awareness about hate speech or cyberbullying in your school or community

How to deal with digital drama



How to report cyberbullying

- Talk to a trusted adult - counselor, teacher, administrator, coach
- Use your school's safety reporting form located in Canvas
- Send your counselor a Canvas message
- If it happens at home, make sure to tell your parent/guardian

You are not alone! 😊

APS Digital Citizenship & Wellness

- Responsible Use Agreement (RUA)
 - Formerly known as acceptable use policy (AUP)
 - VDOE/APS requires the RUA to be acknowledged annually by each student and their parent/guardian.
 - **Policy I-9.2.5.1**
- Purpose is to develop responsible digital citizens, AUP includes
 - **Understand that each device is the property of APS** and is intended for use only by the student to whom it is assigned.
 - **Student devices may be inspected at any time by APS personnel.** If inappropriate content is found on the device, it will be deleted and disciplinary action may be taken by school administrators.

Report a Safety Concern

APS is committed to ensuring all students learn and thrive in a safe, healthy, and supportive environments.

- Virtual forms can be found at <https://www.apsva.us/report-safety/>
 - **Report Bullying or Harassment (form)**
 - **Report a security/Safety Concern (form)**





What should I do if I think my child is being bullied or harassed?

WHAT IS BULLYING AND HARASSMENT?

Actions or words, done on purpose, that hurt another person physically or emotionally. It can happen in-person or online.

SAY SOMETHING!

Report the situation.
Contact your school or go to the APS website and complete the Bullying and Harassment Report form.

website:
apsva.us/bullying-prevention
email:
report@apsva.us
report form:
bit.ly/APS-report-bullying



What happens next?

The report will be sent to your child's principal or school-based administrator. They will let you know they have received it within 24 hours.

The principal or school-based administrator will investigate the report and contact the parents/guardians of the student(s) within 2 school days. They will either share the results or provide an estimate of how many more days the school will need.

After the investigation...

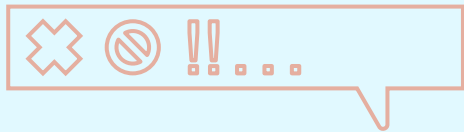
Both parties will be contacted in writing with the result of the investigation, any policy violations, and how they may appeal a decision.

For more information, contact your school or visit apsva.us/bullying-prevention



Post-Test





THANKS!

Do you have any questions?

Reach out to a trusted adult - counselor,
teacher, administrator.

CREDITS: This presentation template was created by **Slidesgo**,
including icons by **Flaticon**, and infographics & images by **Freepik**

Please keep this slide for attribution

