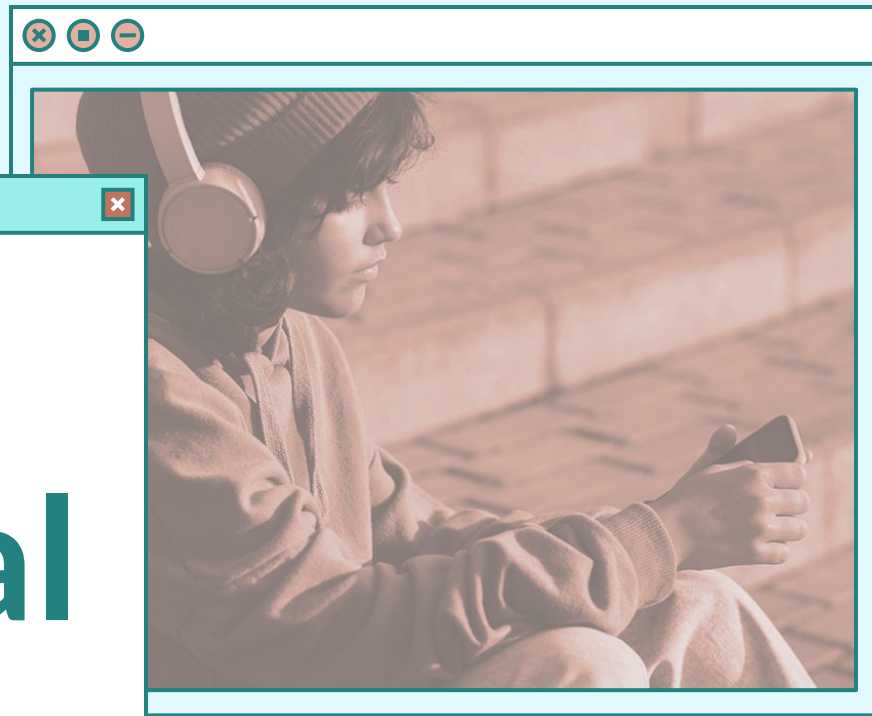
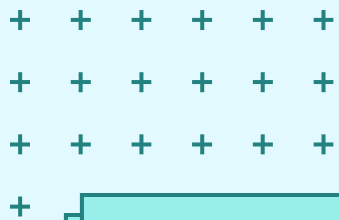
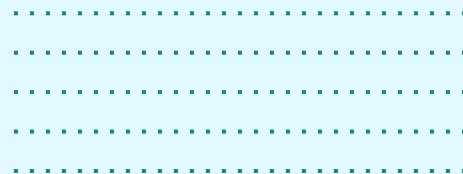




Dealing with Digital Drama



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



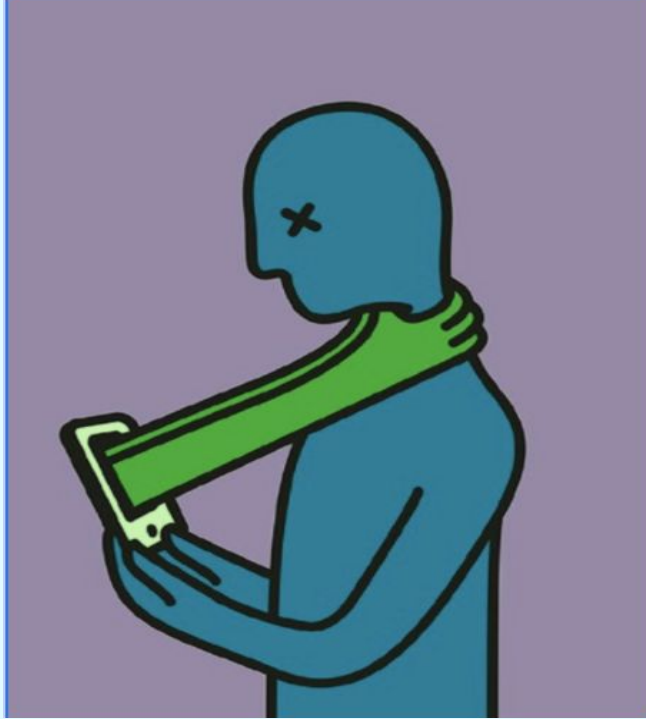
3 fingers = about half



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?

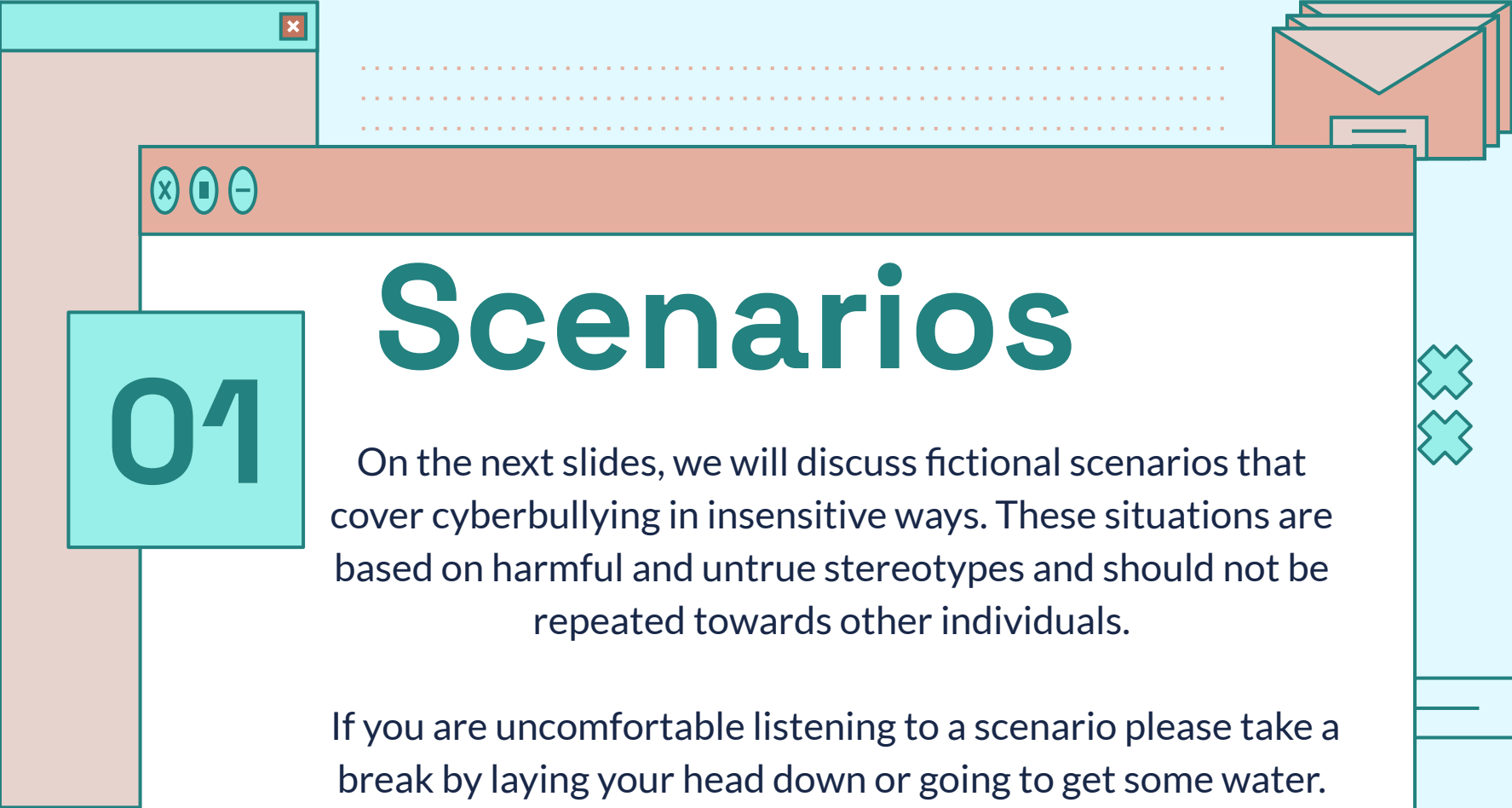


1. Pretend this artwork is entitled, “Online Hate Speech”
2. Do you view it any differently?
3. What does the artwork make you wonder?

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

Scenario 1: Hurtful Meme



Maya's friend Luke, posted the below meme and tagged her in it.

As soon as she saw the meme, Maya felt uneasy. There were tons of Latino students at her school, including Maya herself. Many of them were U.S. citizens, but some were not.

The meme hit close to home. Plus, everyone could see that Luke tagged her. Luke was their class president, and the students had elected him to represent them. Maya also considered him one of her close friends.

When your Mexican friend talks trash and you threaten to call ice



Feelings and Options



Identify. Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel. What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?

Imagine. Imagine *options* for how the situation could be handled. Come up with as many ideas as possible. Then, choose which option might lead to the most positive outcome, where most people feel good or taken care of.

Say. Thinking more about the idea you chose for handling the situation, what could the people involved say? Be as specific as possible.

Scenario 2: Party Invite



Sondra is planning a birthday party. Her parents have set a limit of 15 kids, so she can't invite everyone she'd like. Two kids who were not invited — Jesse and Maya — overhear the plans. They decide to spread mean rumors about Sondra using an anonymous messaging app. They say things like:

"Sondra is so not cool not sure why anyone would go to her filthy house."

"I heard Sondra is having fruit instead of cake. Yuk!"

"Sondra is totally boring and I don't know why anyone would go to her party."

They encourage the students who were invited to the party to add reasons to why Sondra "isn't cool" and tell them not to go to her party. When Sondra logs onto the app and sees the messages, her stomach sinks. She feels hurt and embarrassed and doesn't know who's posting the messages. She tells her parents she's sick so she won't have to go to school the next day. She even thinks about canceling her party.

Feelings and Options



Identify. Who are the different people involved in the scenario? What dilemma or challenge are they facing?

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Scenario 3: Fake Account



John and Cat had been close friends since elementary school. One day, Cat discovered a private Instagram account with John's picture on the profile. Cat already followed John on Instagram and, although a bunch of other kids from their school were listed as followers, she immediately suspected that this wasn't one of his actual accounts.

Cat requested to follow the account. Once she was approved, she saw what had been posted: a series of memes that showed pictures of John with anti-gay captions and comments on each post. Several of their classmates had even joined in and were also posting hurtful comments about John.

Feelings and Options



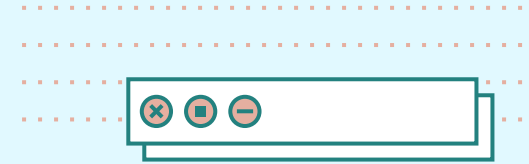
Identify. Who are the different people involved in the scenario? What dilemma or challenge are they facing?

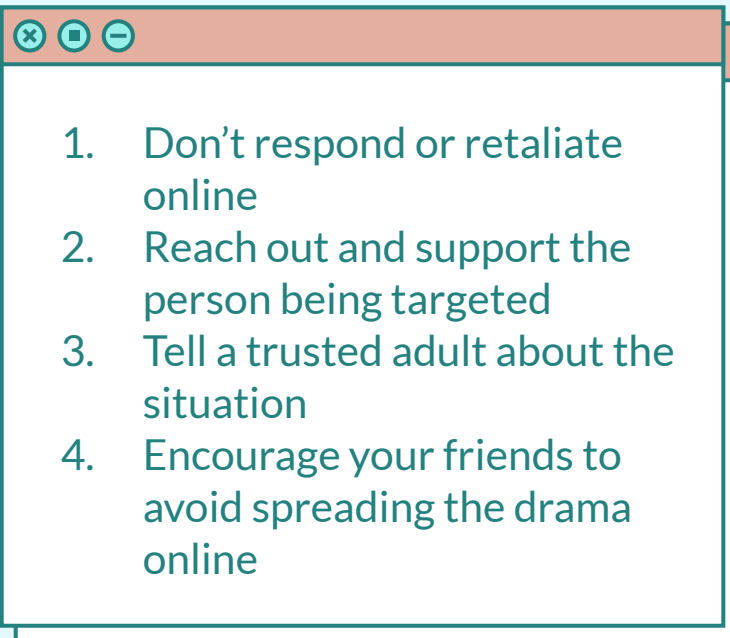
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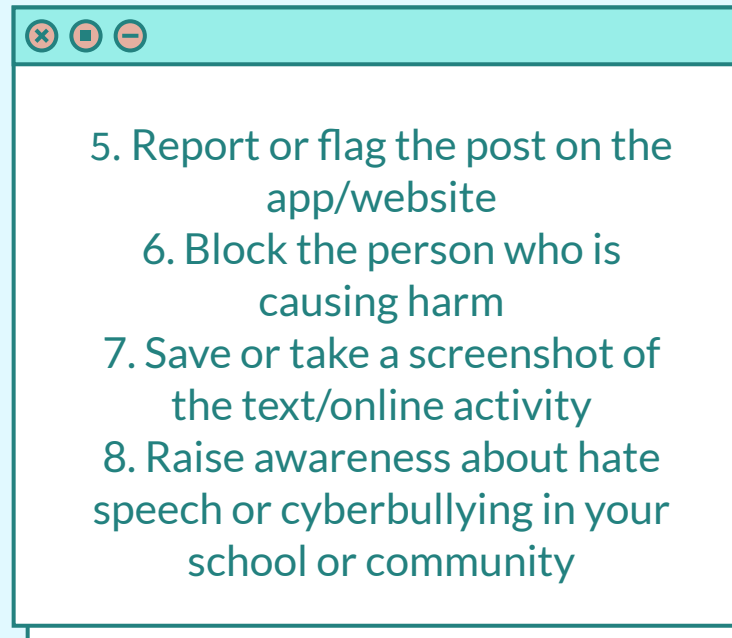
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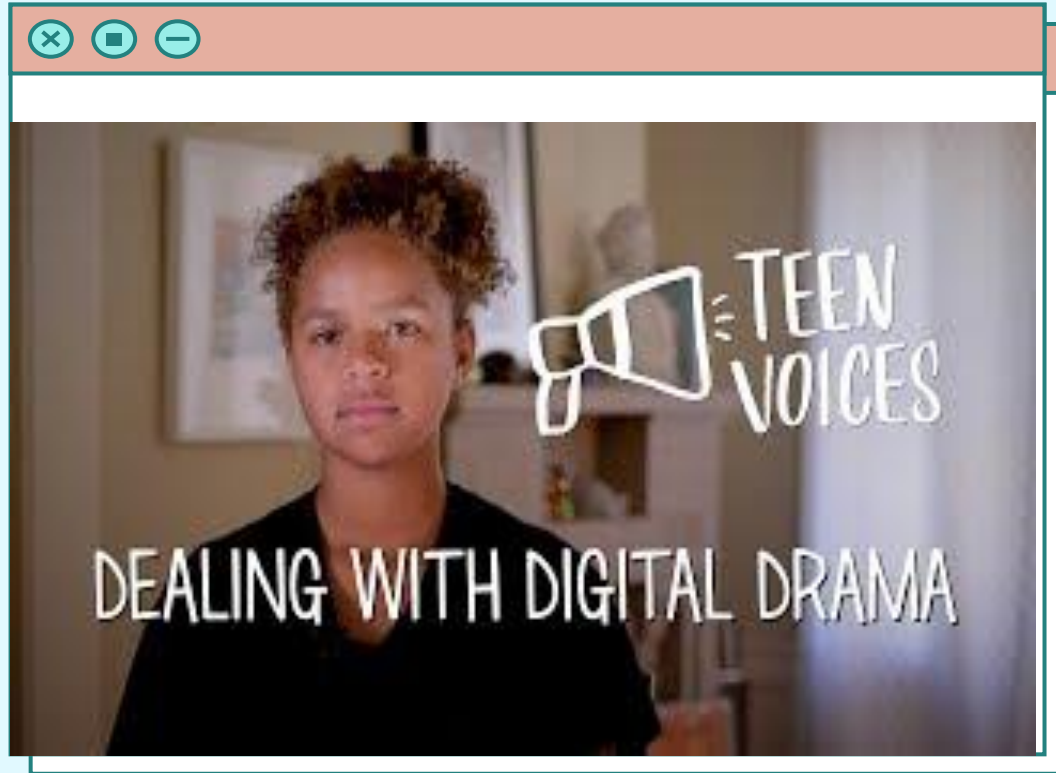
How to be an upstander/ally in cyberspaces



- 
- A decorative graphic on the left side of the slide, resembling a window with a red header bar and three red circular icons (close, maximize, minimize).
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

- 
- A decorative graphic on the right side of the slide, resembling a window with a red header bar and three red circular icons (close, maximize, minimize).
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...

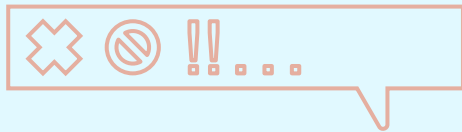
Both parties will be contacted in writing with the result of the investigation, any policy violations, and how they may appeal a decision.

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.

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