

What could you say to the other kids at school who viewed the video and left cruel comments?

How could you have involved a trusted adult?

Don't Be a Bystander

In this true story, many people contributed to the cyberbullying. But there were many more kids who knew about the situation but chose not to get involved. Kids who are not cyberbullying but who see, hear, or know about it are called bystanders. In this situation, kids in school who witnessed the abuse and kids online who viewed the video were bystanders.

Use Common Sense!

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

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

Cyberbullying: Be Upstanding

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1. An upstander is someone who:

- a) Takes action and stands up for someone who is being cyberbullied
- b) Goes along with what a cyberbully is doing because of peer pressure
- c) Ignores what a cyberbully is doing

2. Lali tells Gloria that she keeps receiving mean messages on her cell phone. “That must make you feel awful,” Gloria says. “Do you want to talk about it?” True or false: Gloria is showing Lali empathy.

- a) True
- b) False

3. Alina notices that a classmate keeps posting rude comments about her friend Mike on a blog. What could Alina do to become an upstander?

- a) Show Mike support
- b) Ask her classmate to delete the posts
- c) Both a and b