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# CYBERBULLYING AND DIGITAL DRAMA

We are kind and courageous.

## Over-sharing Online Can Lead to Cyberbullying

1. Understand that **no one** is an exception from cyberbullying or identity theft.
2. Protect your passwords.
3. Realize that **everything** you post online will stay online.
4. Avoid sharing personal data on social media.
5. Don't over-share feelings, not only data.
6. Protect your location.
7. Educate children and teens about cyberbullying.



Cyberbullying has unique concerns in that it can be:

### Persistent

Digital devices offer immediate and continuous communication so it can be difficult for children experiencing cyberbullying to find relief.

### Permanent

Most information communicated electronically is permanent and public. A negative online reputation can impact all areas of life.

### Hard to Notice

Because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

## EDUCATE YOUR STUDENTS

Lessons on this topic teach students about the effects of digital drama, cyberbullying, and hate speech on themselves and their communities. They explore the roles people play and how individual actions - negative and positive, intentional and unintentional - can affect their peers and broader communities. They are encouraged to take the role of upstander and build positive, supportive online communities, and they will learn how to cultivate empathy, compassion, and courage to combat negative interactions online.



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