

“What Should You Do?”

Educator Guide

Middle and High School Students: How should you handle these bullying situations?

Overview: An activity designed with hypothetical bullying scenarios (that are based on real events), which students can use to think through responses and solutions.

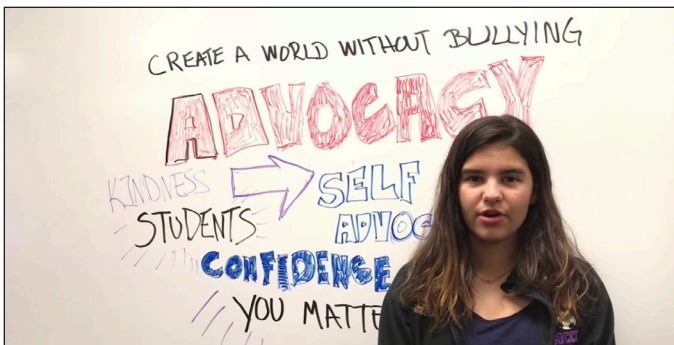
Goal: Students are presented with a scenario and then guided through response options. The objective is not to find the right or wrong answer, but to have meaningful reflection and education about how to handle difficult social situations that are common for many students.

Steps to use:

1. Provide everyone with “Student Handout”

2. Invite students to watch the “What Should You Do?” videos

Video A: What Should You Do? Peer Advocacy



Video B: What Should You Do? Ways To Be There



3. Video prompts

As students watch the video, ask them to pause the video at the beginning of each prompt and record how they think that response would impact everyone involved. Then, direct your students to press play and hear what other students had to say, repeating the process for each prompt.

Video A: What Should You Do? Peer Advocacy

- Option 1: What is the impact for everyone involved, especially Alex, if everyone ignores what is happening?
- Option 2: What is the impact for everyone involved if other students join in making fun of Alex?
- Option 3: What is the impact for everyone involved, especially for you and your friends, if you walk over to the group and ask Alex to walk to class with you?
- Option 4: What is the impact for everyone involved if you let a teacher know—either in the moment or afterward—what the boys were actually doing?

Video B: What Should You Do? Ways To Be Here

- Option 1: What is the impact for everyone involved if you don't do anything, just ignore it and hope that it won't happen again?
- Option 2: What is the impact for everyone involved if you laugh along at what your friend Jesse said?
- Option 3: What is the impact for everyone involved if you tell your friend Jesse about a time when an older student wouldn't let you sit with them and that even today you still remember how that felt?
- Option 4: What is the impact for everyone involved if you tell Kris that they didn't deserve what happened and that not all older kids act like that?

4. Scenarios

After thinking through the scenarios in the video, encourage students to read the written scenarios below focused on online bullying. Ask them to decide how they should respond, explain why they would choose that response, and think about how that response would impact everyone involved.

Scenario One: Witnessing Cyberbullying

While you are online one day, you see some of your friends posting hurtful comments and rumors about someone from school. It makes you upset to see your friends being mean online. You don't want to ruin your friendships, but you also don't want to see them cyberbullying others.

What should you do?

- Option 1: Ignore your friends' comments; they'll probably stop on their own.
- Option 2: Your relationships with your friends are important, so you add your own negative comment.
- Option 3: Send the person being bullied a message of solidarity and let them know you don't agree with what's happening.
- Option 4: Don't participate in your friends' online behavior by sharing or commenting. If you're comfortable, send a private message to your friends saying it's not okay to spread false rumors online.
- Option 5: Other—please include additional ideas on how to respond.

Educator notes for Scenario One

It can be hard to stand up to friends' negative behavior, especially if it's one person against a group. It can be tempting to try to fit in by liking and forwarding their hurtful comments. However, by supporting hurtful online content, you allow it to continue and you perpetuate the problem.

There are many ways to respond to cyberbullying. Make sure to do something that will help stop the bullying and make the person being bullied feel better.

If you stand up to your friends and tell them what they're doing is not cool, you send the message that you're not okay with what's happening and that could affect your friends' behavior. If your "friends" say something unkind to you after standing up to them, then you might want to think about the impact these relationships have on you. You should never feel scared or worried around your friends.

Whether or not you stand up to your friends, sending a supportive message to the person being bullied—letting them know you don't agree with what's happening and asking if they need help—will probably make them feel better knowing that someone cares. Receiving one nice message among many mean messages can make a huge difference.

Another option is to anonymously report the hurtful content to the site where it occurred. The social media provider will then determine if the content should be removed and what consequences there will be for the account posting the hurtful content.

If you ignore your friends' behavior, that allows the cyberbullying to continue because the issue has not been addressed. If no one tells your friends that what they are doing is wrong, it's likely the behavior will continue and will be targeted at others.

Scenario Two: Managing Online Logins and Passwords

You and your best friend have been close for a few years and do everything together. You both spend a lot of time on your online accounts (social media, email, instant messaging, gaming) while hanging out. You are friends with someone online who your friend secretly likes. Your friend is too nervous to add that person online, so they ask to use your computer and phone so they can look at the other person's profile. After hanging out, your friend asks you for your online account login and password so they can check the person's profile later that night.

What should you do?

- Option 1: Give your best friend your login and password. You trust them and don't think they will do anything you wouldn't want them to do on your account.
- Option 2: Give your best friend your login and password, but only if they give you theirs in return.
- Option 3: Don't give your best friend your login and password, but look together at the person's account.
- Option 4: Don't give your best friend your login and password. Tell them they should add the person they like to their own account.
- Option 5: Other—please include additional ideas on how to respond.

Educator notes for Scenario Two

Carefully consider the pros and cons of sharing your login or password. Chances are that your online accounts have very private information, including personal contact information, photos, and private messages. If you give your account login and passwords to anyone, they can do anything from your account. What if your friend logs into your accounts, pretends to be you, and messages the person they like? What if your friend reads through your private online messages? What if your friend posts something to your account without your permission? Any of these things can happen if you share your login information, even with someone you trust.

Your best friend might share it with other people, or the friendship might end and your private messages and online content could become public. If you have shared your login information, it's a good idea to change it now, and if anyone asks you can say that your parents make you update your password frequently for safety reasons. If a friend ever asks any online login information, you can say that you don't feel comfortable sharing it, but that your friend can look at your account while you are with them.