

Name: _____

Hour: _____

VIDEO WORKSHEET

There are seven ways you can help keep a cyberbullying from entering your world.

1. Understand e-bullies and how they bully.
2. Protect your passwords.
3. Guard your personal information.
4. Use safety software.
5. Cut off communications.
6. Say "no" to revenge.
7. Tell someone.

Review

Directions: After watching "7 Ways to Block a Cyberbully" answer the following questions.

1. How do cyberbullies target students?
2. What percentage of teens report being the target of an e-bully?
3. Approximately 80 percent of teens think cyberbullying is just a _____.



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4. How was Amanda hassled by a cyberbully?

5. How can someone discover your passwords?

6. What should you do if you think someone has your passwords?

7. How can software stop a cyberbully?

8. Why is getting revenge on a digital bully a bad idea?

9. If you are targeted by a cyberbully what should you do?

Discussion

Have you seen or heard a cyberbully?

You saw lots of examples of digital bullying in the video.

Has anything similar happened to you or your friends and classmates?

Compare situations with others in your class.



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Activities

What's in the news?

Scan newspapers and the internet and check television news programs for the latest information on cyberbullying. Keep a log of the stories.

Get creative about blocking cyberbullies

At the end of the video Jay and his friends decide to create a "Block a Cyberbully Campaign." The group will come up with skits at assemblies, posters, newspaper articles and class reports to make their classmates aware of the new problem. You can be part of the solution. Get together with a couple of classmates and create a poster or skit to help stop digital bullying.

Resources

Books

Frequently Asked Questions About Cyberbullying by Teri Breguet

Totally Wired by Anastasia Goodstein

Generation MySpace: Helping Your Teen Survive Online Adolescence by Candice M. Kelsey

Cyber Bullying: Bullying in the Digital Age by Robin M. Kowalski Susan P. Limber Patricia W. Agatston

MySpace Unraveled: A Parent's Guide to Teen Social Networking by Larry Magid and Anne Collier

Cyberbullying and Cyberthreats by Nancy E. Willard

Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn To Use the Internet Safely and Responsibly by Nancy E. Willard

Internet Sites

<http://www.wiredsafety.org/>

<http://www.cyberbullying.org/>

<http://netsmartz.org>

<http://www.isafe.org/>

<http://www.stopcyberbullying.org/>

<http://www.cyberbullying.us/>

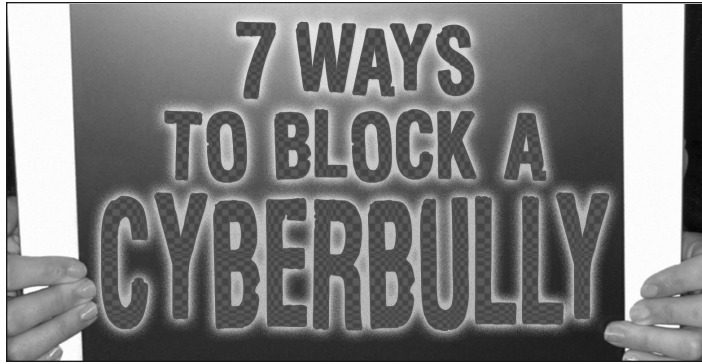
http://www.cyberbullying.us/cyberbullying_scripts.pdf

http://www.ncpc.org/resources/enhancement-assets/ncpc_cms/cyberbullying-pdf

<http://www.cyberbullying.info/whatis/whatis.php>



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TEACHER'S KEY

There are seven ways you can help keep a cyberbullying from entering your world.

1. Understand e-bullies and how they bully.
2. Protect your passwords.
3. Guard your personal information.
4. Use safety software.
5. Cut off communications.
6. Say "no" to revenge.
7. Tell someone.

Review

Directions: After watching "7 Ways to Block a Cyberbully" answer the following questions.

1. How do cyberbullies target students?

Instant messages, cell phone texts and photos, e-mails, internet social sites, blogs and chat rooms.

2. What percentage of teens report being the target of an e-bully?

More than 40 percent.

3. Approximately 80 percent of teens think cyberbullying is just a _____.

Joke.



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4. How was Amanda hassled by a cyberbully?

Someone impersonated her on a fake blog.

5. How can someone discover your passwords?

Look over your shoulder, hear them from you, find them in your calendar, guess something obvious like your address or pet.

6. What should you do if you think someone has your passwords?

Change your passwords.

7. How can software stop a cyberbully?

Some software programs block or ban harassing contacts.

8. Why is getting revenge on a digital bully a bad idea?

Getting even could keep the abuse going.

9. If you are targeted by a cyberbully what should you do?

Tell your parent or another adult right away.

Discussion

Have you seen or heard a cyberbully?

You saw lots of examples of digital bullying in the video.

Has anything similar happened to you or your friends and classmates?

Compare situations with others in your class.



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