

SD72 PARENT HOME LEARNING LESSON



Digital Wellness – How to be a Good “Upstander”.



PURPOSE / SKILL: Digital Wellness – Citizenship Lesson #1

What is cyberbullying? What can you do to stop it?

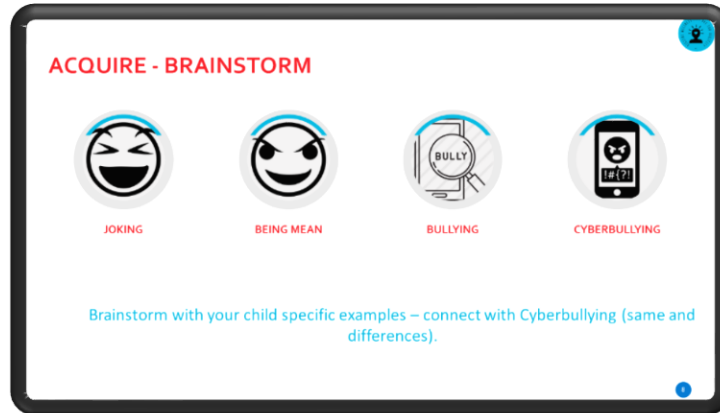


- Recognize similarities and differences between in-person bullying, cyberbullying, and being mean.
- Empathize with the targets of cyberbullying.
- Identify strategies for dealing with cyberbullying and ways they can be an upstander for those being bullied.

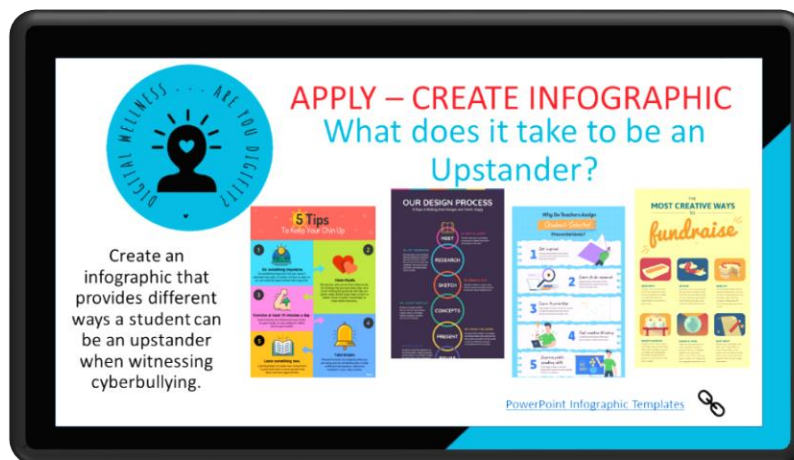
MATERIALS: Lesson PowerPoint – Link [HERE](#); Pen; Paper; Poster Paper



INSTRUCTIONS: Follow the instructions included in the PowerPoint – they are presented in a step-by-step fashion with all the links for videos, storybooks, handouts included.



ACTIVITY: Video, Discuss, Brainstorm, Infographic, Storybook



POSSIBLE NEXT STEPS/EXTENSION ACTIVITIES:

- Students can create their own comic strip with “Digital Superhero Upstander” – create a story involving cyberbullying that the superhero can resolve. (Click [HERE](#) for some safe websites for creating this resource).
- Play Digital Passport game [“Evolve”](#).

Tips and Tricks, Extension activities and Additional Information for Parents are located on the last two slides.