

# *Social Media Harassment*



**Digital Responsibility**

# Self-Survey

**Your teacher will read through a few questions. Silently, in your mind, think of the answer choice that *best fits* your reaction to each situation.**

**Be honest with yourself.**

**Please do not share your responses aloud.**

## Question 1:

You and your friends are in a group chat. One friend posts a picture of themselves that you think is really stupid. Do you...

- a. not respond?
- b. say something nice about the picture?
- c. let them know that their picture is stupid?

## Question 2:

You are mad at one of your friends. Do you...

- a. ignore their messages?
- b. tell them that you're annoyed with them?
- c. post a message telling everyone that you hate them?

### Question 3:

Your friend posts that they are depressed and want to harm themselves. Do you...

- a. call them?
- b. go tell someone, like a parent?
- c. ignore them because they just want attention?

## Question 4:

You are out with friends and suddenly two kids from school start fighting in front of you. Do you...

- a. go get help?
- b. stand and watch?
- c. take out your phone, record the fight, and post it to Snapchat?

## Question 5:

Someone posted something really mean about your friend. Do you...

- a. not respond?
- b. message your friend to tell them they should not to let it bother them?
- c. comment that you are going to fight them?

## **Did you answer “C” to any of the questions?**

let them know that their picture is stupid

post a message telling everyone that you hate them

ignore them because they just want attention

take out your phone, record the fight, and post it to Snapchat.

comment that you are going to fight them



If you would react with a “C” response

OR

if you have in the past, you need to rethink  
your online behavior.

While you may think that you have the right  
to respond in this manner, you are  
displaying behaviors of a CYBERBULLY.

Behaviors like these are a form of harassment.

# What Would You Do?



**Note:** While the video is a few years old, the general idea still applies. Just imagine the girls are using their phone and Snapchat. :)

## “What Would You Do?” Discussion Questions

Compare this scenario to something you have seen or heard yourself. Can you imagine something similar to this situation really happening?

Why do you think the bystanders did not stop the girls? Do you think it would be different if the other girl (the victim) was in the restaurant, and the girls were saying those things to her face? Would people be more likely to step in?

## “What Would You Do?” Discussion Questions

What would you do if you were in the restaurant?

What if you followed those girls on Snapchat or Instagram?

What would you do if you saw the mean comments/videos posted about that girl?

What if you were the girl? What if someone did that to you? What can you do?

# A Tale of 2 Friends....Enemies....Frenemies!

Once upon a Middle School, there were two best friends! They often texted one another. The friends were only joking around with one another when Friend 1 texted Friend 2 to “Go Kill Yourself.” Friend 2 received the message but knew it was only a joke and did not take it seriously.

A few days later, the best friends got into an argument - a big one! They were really mad at one another. So very mad in fact that the next day at school, Friend 2 went to school and showed their phone to Dr. Hantson. Right there in the texts was the message from Friend 1 that read: “Go Kill Yourself.”

Parents were called, phones were taken away, consequences were issued.

But...Friend 1 was only joking.....

## Consider the facts:

Did Friend 1 text a harassing message encouraging suicide?

**YES**

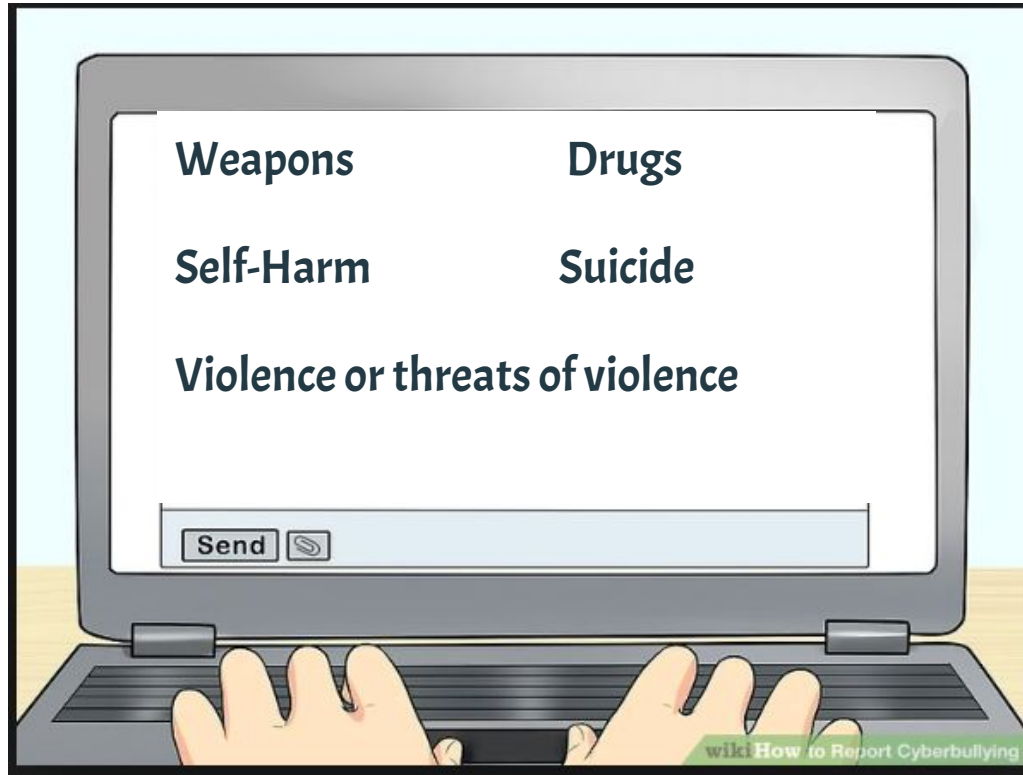
Did Friend 1 really mean it? **Probably Not**

Can we prove that Friend 1 was only joking? **NOPE**

**The proof is there in black-and-white.**

**If what you write can get you in trouble, DO NOT TYPE IT!**

Always report online bullying that includes the following in message(s) to a trusted adult!



Be an Upstander (video clip). Be digitally responsible.





# What if I acted like a bully?

Everyone makes bad choices sometimes. That doesn't mean that you shouldn't do everything you can to fix things.



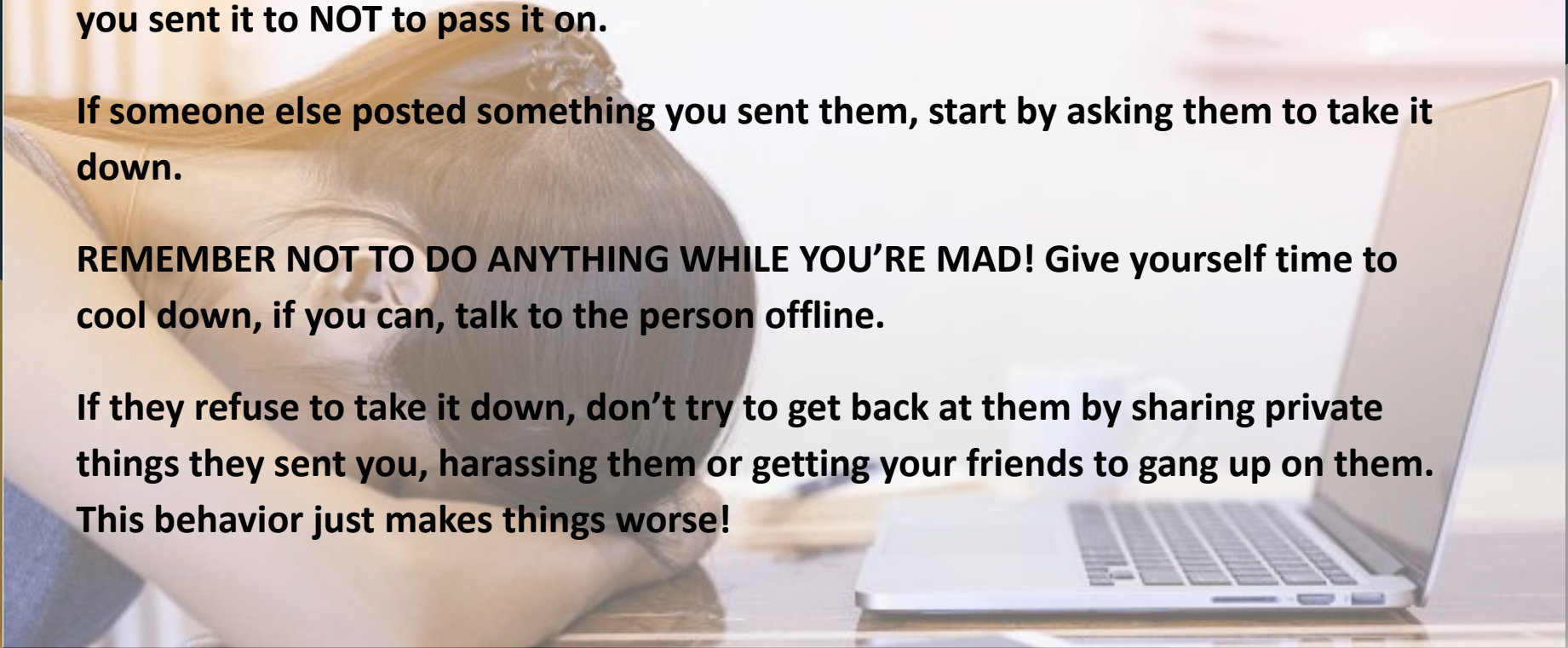
# How do I fix things?

**If you shared something you shouldn't have, the first step is to ask the people you sent it to NOT to pass it on.**

**If someone else posted something you sent them, start by asking them to take it down.**

**REMEMBER NOT TO DO ANYTHING WHILE YOU'RE MAD! Give yourself time to cool down, if you can, talk to the person offline.**

**If they refuse to take it down, don't try to get back at them by sharing private things they sent you, harassing them or getting your friends to gang up on them. This behavior just makes things worse!**



# How do I fix things?

(continued)

**If you're tagged in a photo that you don't like, remember that a lot of photo-sharing and social networking sites may let you take your name off any pictures you've been tagged in.**

**For more serious things like photos that are nude, defamatory (it's not true & it hurts your reputation), or if it's being used to harass/bully you, you can ask the site or service that was used to share the photo to take it down. In those cases you can also report it to the police.**

**If you are in a situation where a person is threatening to share a nude photo of you unless you provide them with more nude photos - IMMEDIATELY involve a trusted adult AND contact the police!**



Read this scenario and be prepared to discuss the questions on the following slide.

**Kevin sends his friend, Jose, a short video he made at home, a reenactment of a famous fantasy movie scene. Jose , laughing at how Kevin looks, shows it to some other boys at school. The boys laugh at Kevin too, and then decide to post it on a video-sharing website. Millions of people then view Kevin's video, Nasty comments are posted. Every day, Kevin goes online to check the site and sees more comments like "idiot" and "fat nerd." Every day, he goes to school and hears similar cruel comments from his classmates.**



# What do you do when it cross the line?

1. When did this situation cross the line of being “just trying to be funny?”
2. Who are the bystanders?
3. What would you do if you wanted to be an “upstander”?
4. What would you say to Jose if you wanted him to stop?
5. What would you say to Kevin, or do for him, to show your support for him?
6. What could you say to the other kids at school who viewed the video and left cruel comments?
7. How could you have involved a trusted adult?



# Don't Be a Bystander

**In this true story about Jose and Kevin, 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**







# Upstanders take action.

Here are things you can do:

Step in to help by letting the targeted person know you are there for them. Listen to and empathize with them.

Do not spread rumors; instead, tell the bully to stop!

Report what is happening to a trusted adult or website administrator.

Encourage the targeted person targeted to tell a trusted adult, someone who you believe will listen and has the authority to help you.

# STAND UP

## Remember, use social media & digital devices responsibly and help stop online bullying (video clip)

1. Think before you post
2. Respect other people online & avoid gossip
3. Ask for permission from an adult before you meet online friends in person
4. Don't feed into cyberbullies - block the sender, ignore mean messages, file a report with the website or police
5. Speak up if you see someone getting bullied
6. Clean up your profile eliminate your page of everything too personal, embarrassing, and illegal
7. Use privacy settings
8. Monitor what other post about you
9. Keep trusted adults in the loop - tell them when you add new sites, new friends or see something suspicious or harmful
10. Use your voice for good - use social media to do something productive for you or a cause