

CONTINUE THE CONVERSATION

LOWER ELEMENTARY PARENT GUIDE

In these early grades, students are introduced to what it means to be a Digital MVP—safe, respectful, and responsible online. Through playful metaphors like sports teamwork and real-world comparisons, children understand how to protect their privacy, recognize kind behavior, and build good digital habits. This guide will help you reinforce those big ideas in simple, age-appropriate ways.

MODULE TWO

Cyberbullying

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In this module, students learn how to recognize, respond to, and stand up against **cyberbullying**—when someone is mean on purpose and over and over again using digital devices like phones, tablets, or computers. Students are reminded that even online, they should act like an MVP: kind, respectful, and a team player.

They are introduced to the four roles people can play in a cyberbullying situation:

- **The Cyberbully** – the person causing harm
- **The Target** – the person being bullied
- **The Bystander** – someone who sees it but does nothing
- **The Upstander** – someone who stands up, speaks out, and tells a trusted adult

Students are encouraged to be Upstanders, not bystanders, and to use a four-step response plan if they ever become the target of cyberbullying:

- **STOP** – Don't respond or engage
- **SHOW** – Tell a trusted adult and show them the messages
- **BLOCK** – Block or unfollow the bully
- **SHARE** – Talk to friends or a safe adult for support

This lesson reinforces that standing up for others online is just as important as being a good teammate.

Questions to Talk About with Your Child

- 1 *What is cyberbullying, and how is it different from someone just being mean once?*
- 2 *Can you describe the difference between a bystander and an upstander?*
- 3 *What would you do if you saw someone being bullied in an online game?*
- 4 *What are the four steps to take if someone is cyberbullying you?*

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UPPER ELEMENTARY PARENT GUIDE

As students become more independent online, they explore important digital topics like privacy, media messages, password safety, and age-appropriate use. They also learn the value of being kind online and how to respond if they encounter cyberbullying. Use this guide to support your child in forming positive online habits and navigating their digital world with care and confidence.

MODULE TWO

Cyberbullying

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Cyberbullying

In this module, students learn what **cyberbullying** is, how to recognize it, and what to do if they see it—or experience it themselves. Cyberbullying happens when someone is mean **on purpose and over and over again** using technology like smartphones, computers, or gaming devices.

Students learn that **cyberbullying can happen anywhere**, but it's especially common in **online games**. They review examples such as sending mean messages, spreading rumors, or sharing embarrassing photos without permission.

They also learn about the **four roles** in a cyberbullying situation:

- **The Target** – the person being bullied
- **The Cyberbully** – the one doing the bullying
- **The Bystander** – someone who sees it happen but doesn't take action
- **The Upstander** – someone who steps in to help stop the bullying

As an Upstander, students are encouraged to support the Target, tell a trusted adult, and speak out against bullying.

If a student becomes the **Target** of cyberbullying, they learn to follow four key steps:

- **STOP** – Don't reply or engage with the bully
- **SHOW** – Tell a trusted adult and show them what happened
- **BLOCK** – Remove or block the bully from the platform
- **SHARE** – Talk with friends or trusted people for support

Students help create a kinder, safer online community for everyone by taking these actions.

Questions to Talk About with Your Child

- 1 *What is cyberbullying, and how is it different from someone just being rude?*
- 2 *What are the four roles someone can play in a cyberbullying situation?*
- 3 *Why is it important to be an Upstander instead of a Bystander?*
- 4 *What should you do if you ever see or experience cyberbullying?*
- 5 *How can we work together to make sure you're always kind online?*

CONTINUE THE CONVERSATION

JUNIOR HIGH PARENT GUIDE

During these years of rapid change and growing curiosity, students dive deeper into concepts like digital footprints, media literacy, AI-generated content, and tech laws. They learn how to think critically, set healthy boundaries on social media, and recognize their role as upstanders. This guide will help you continue those conversations at home—encouraging thoughtful reflection and safe decision-making.

MODULE TWO

Cyberbullying

MODULE TWO

Cyberbullying

In this lesson, students learn what cyberbullying is and how to protect themselves and others online. Cyberbullying happens when someone uses technology intentionally and repeatedly to hurt, embarrass, or threaten another person. Students explore the different roles people play in these situations:

- **Target:** The person being bullied.
- **Cyberbully:** The person causing harm.
- **Bystander:** Someone who sees bullying but does nothing.
- **Upstander:** Someone who speaks up or gets help.

Students are encouraged to be **Upstanders** by taking action to stop cyberbullying. They also learn a five-step response if they become a target:

1. **Stop** – Step away from the screen.
2. **Screenshot** – Save evidence.
3. **Block** – Prevent further messages.
4. **Tell** – Inform a trusted adult.
5. **Share** – Talk to supportive friends.

By understanding these roles and responses, students are better prepared to create a safer, more respectful digital world.

Questions to Talk About with Your Child

- 1 *What does cyberbullying look like, and how is it different from in-person bullying?*
- 2 *Why is it important not to respond right away if someone is mean online?*
- 3 *What can you do to be an Upstander instead of a Bystander?*
- 4 *Who are some trusted adults you could talk to if you saw or experienced cyberbullying?*
- 5 *Why do you think saving a screenshot is important if someone is bullying you online?*

Encourage your child to speak up, support others, and make safe, respectful choices when using technology!

CONTINUE THE CONVERSATION

HIGH SCHOOL PARENT GUIDE

High school students learn how their digital actions can shape their future. They explore real-world consequences tied to social media use, privacy choices, online safety, and their digital reputation. From job and college applications to navigating complex online interactions, students are challenged to think long-term. These conversation starters will help you guide your teen through more nuanced topics and support their growth as responsible digital citizens.

MODULE TWO

Cyberbullying

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Cyberbullying

This module helps students understand the seriousness of cyberbullying and how it differs from traditional bullying. With teens spending significant time online, many encounter digital harassment—especially on social media, messaging apps, and gaming platforms. Students learn about the emotional and academic consequences of cyberbullying, including its connection to depression, anxiety, and even suicidal thoughts. The module teaches students the definition of cyberbullying, the importance of becoming an upstander instead of a bystander, and the five steps to take if they become a target.

- 1. Stop, don't respond.**
- 2. Take a screenshot.**
- 3. Block the bully.**
- 4. Tell a trusted adult.**
- 5. Share your experience with your friends.**

The lesson emphasizes that online cruelty is unacceptable, and each person has a role in making digital spaces safer and more compassionate.

Questions to Talk About with Your Child

- 1** *Why do you think cyberbullying can feel even more overwhelming than in-person bullying?*
- 2** *Have you ever seen someone being bullied online? What does it mean to be an "upstander" in that situation?*
- 3** *If you or a friend were being cyberbullied, which of the five steps (Stop, Screenshot, Block, Tell, Share) would feel most challenging to follow? Why?*
- 4** *What apps or platforms do you think are the riskiest for cyberbullying, and how can you stay safe on them?*
- 5** *How do you think kindness online can help prevent cyberbullying from happening in the first place?*