

Video Discussion



Quick Activity

What You'll Need: • [Video](#) • [Student Handout](#) • [Student Handout \(Spanish\)](#)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we are going to watch a video exploring what cyberbullying is and what you can do to stop it.*
2. **Show** the [What's Cyberbullying](#) video (1:44 minutes). (Note: The video is also available in Spanish, and you can also use the video player to turn on subtitles.)
3. **Lead** a class discussion exploring the questions below.

Distance learning option: Have students watch the video and complete the handout. If there's time, have students share their responses during a video meeting.

Discussion Questions

1. *What is cyberbullying?*

Sample responses:

- Cyberbullying is when someone uses digital devices, sites, or apps to intimidate, harm, and upset someone.

2. *What are some things you can do if you see cyberbullying?*

Sample responses:

- You can support the person that is being bullied. Show them that you care.
- You can be an upstander. This might mean standing up for others and saying something to the bully or those involved.
- You can report what you see by telling a trusted adult.

3. *Bullying and cyberbullying are both unacceptable, but what makes cyberbullying different?*

Sample responses:

- Cyberbullying can feel harder to escape, because it can happen anywhere and anytime.
- It's easier for cyberbullies to hide who they are behind a screen.
- Other people online can see what's happening online and even gang up on someone.

