



APRIL: SOCIAL MEDIA SAFETY

– What Teachers Need to Know –

The Basics

Cyberbullying: What is it? Cyberbullying is when people bully others online. It can happen in many ways including sending cruel messages via social media apps, posting pictures or information about someone without their permission, gossiping or starting cruel or mean rumors via social media, using someone's password to post on their social media without their permission, or excluding someone from an online group or conversation.

How can I tell if a student is being cyberbullied?

You may overhear talk about the student from other students or notice a particular student is more withdrawn than usual. In addition, a student may report, or you may observe that their friend group recently changed unexpectedly. A student may seem more fearful, depressed, or distracted than usual. If you notice these changes, it's best to check in with the student directly to figure out what might be going on.

Classroom Tips:

- Talk about responsible digital citizenship with your students, using some of the resources linked here
- Check in with the student if you notice any sudden changes in their behavior
- If a student reports cyberbullying, involve the school wellness or counseling team to support the students involved (both those who may be bullying and those who are being bullied)
- If you use technology in the classroom, talk about responsible use of the computer/tablet or other device and the norms around its use. This can help model responsible technology use for your students

Additional Resources

- Article: [Teacher's Guide to Cyberbullying](#)
- [Digital Citizenship Curriculum for the classroom](#)
- [Cyberbullying Prevention Guide](#)
- [Cyberbullying Tips for Teens](#)