

Through the use of videos, music, and personal stories, used to strengthen compassion and empathy, students will learn about the possible serious consequences of their online actions. They will learn skills to empower them to behave in ways that are safe and respectful to themselves and others.

- How to effectively handle cyberbullying situations
- How to use their power to create an environment that is safe for everyone
- Specific rules and guidelines for online interactions
- Real life examples of cyberbullying and their harmful consequences
- Creating empathy-words hurt just as much as being slammed against the wall
- Long term consequences for bullies, victims and bystanders
- Power of bystanders to drastically reduce bullying
- What makes cyberbullying even worse than face to face bullying
- Why it's so easy to be cruel online
- Importance of online ethics
- What to do if you're being bullied/cyberbullied
- Legal ramifications

The videos, music, and personal stories capture and maintain the student's attention. The information is presented in a way that touches on their emotions, thus producing a higher chance of it changing their behavior.

- I will encourage and motivate your students to:
- Work together to protect each other
- Understand that actions can have serious consequences
- Learn the importance of their self-talk (bullying themselves)
- Think twice about their behavior
- Realize how painful comments add up over time
- Develop empathy and compassion for others
- Open up conversations about bullying
- Think twice about what they write on Facebook
- Make an effort to be kind to one another