

# Digital Citizenship Lesson: Digital Drama & Cyberbullying

GLENN HILLS HIGH SCHOOL

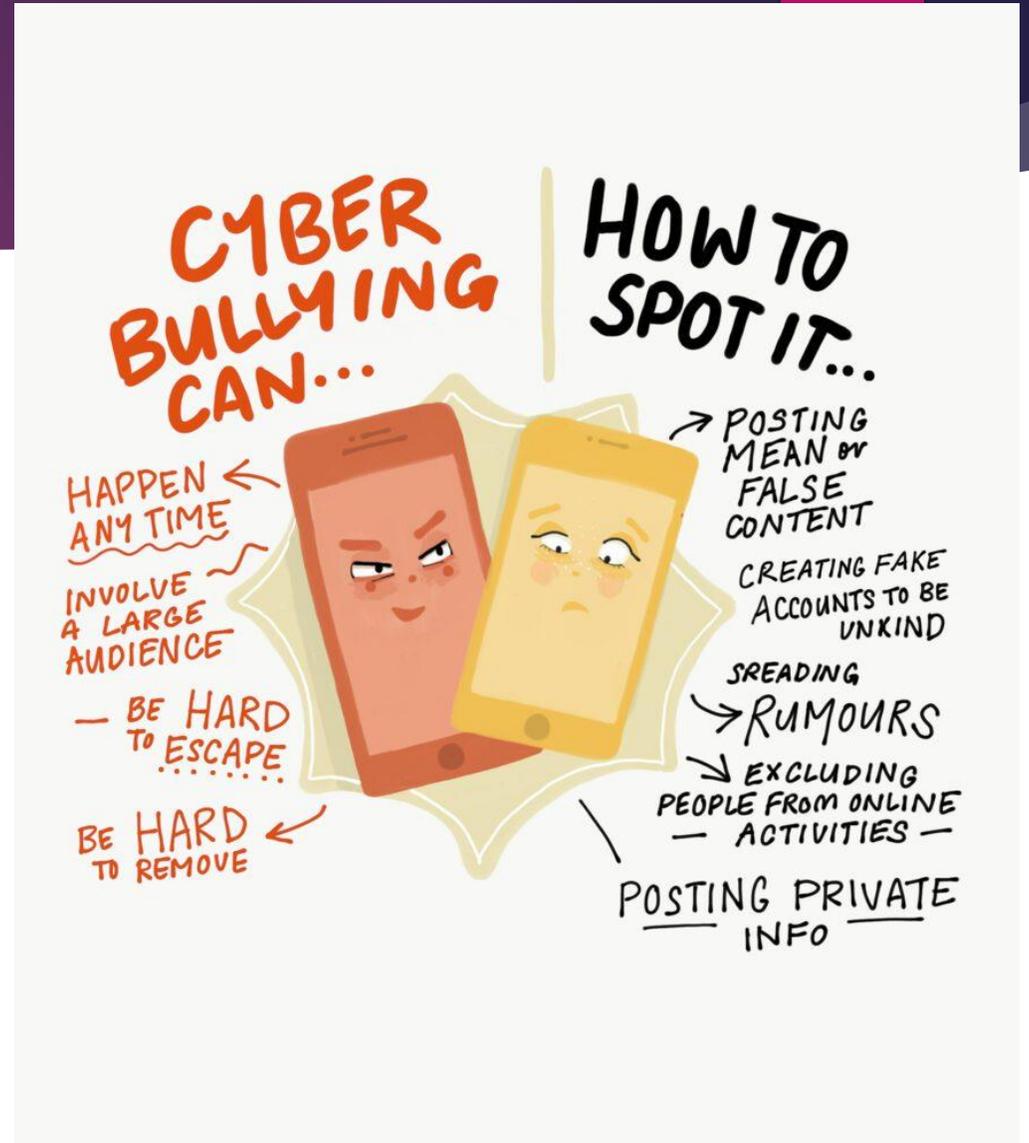
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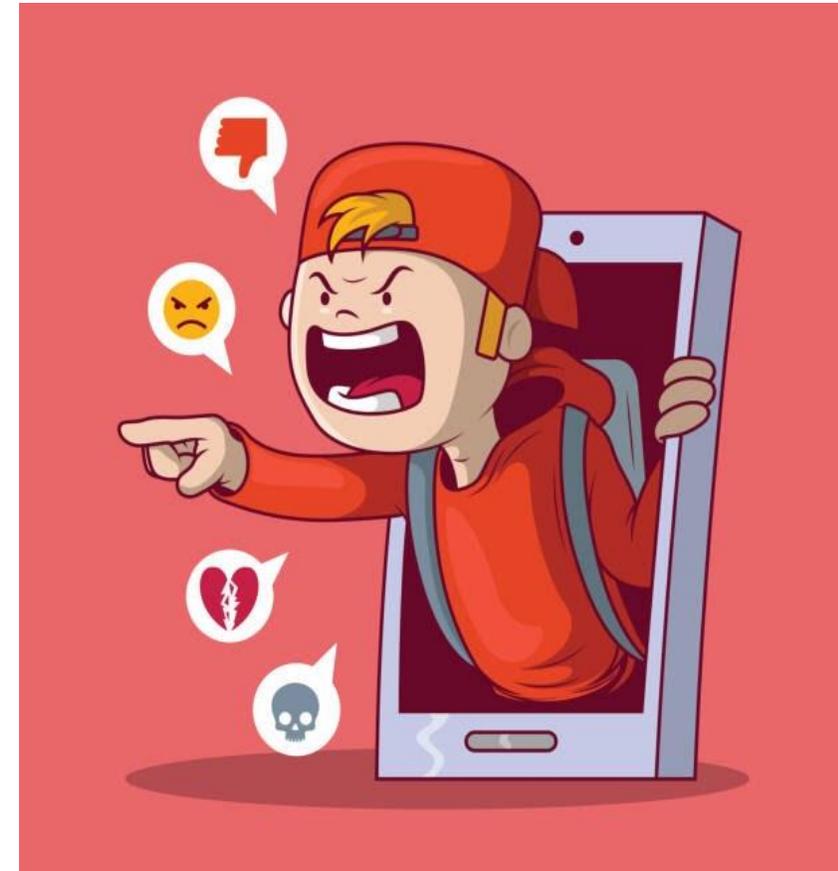
# Essential Question

How can we act with empathy (the ability to understand and share the feelings of another) and positivity when we're online?



# Learning Objectives

- ▶ Identify examples of online behaviors that may hurt, embarrass, or offend others.
- ▶ Use the Feelings & Options thinking routine to analyze and respond to a digital dilemma.



# Vocabulary: Digital Dilemma

**Digital Dilemma** – a situation in digital life where it's not always clear what's best to do



# Recognizing How We Hurt Others

We've all faced thorny situations where what we say or do could potentially harm or hurt someone. Being honest is important, but is there such a thing as being too honest? Sometimes, innocent -- but insensitive -- comments or actions can easily escalate to digital drama or even cyberbullying. How can we recognize and navigate these types of situations that happen online?



# Connecting To Real Life

Imagine a good friend of yours posts a selfie on social media, and he's got a brand-new look that you're just not loving. How do you respond? Would you "like" the post anyway? Would you try to ignore it? What if you couldn't ignore it because he asked you your opinion directly? How honest would you be? Would you make fun of him? This is an example of digital dilemma (a situation in digital life where it's not always clear what's best to do).



# Connecting To Real Life

Sometimes, these situations have the potential to cause someone's feelings to be hurt. This type of situation is not uncommon online. And it can be tough to know what to do. How you respond can affect both someone else's feelings and what people think about you. Watch the short video below.

Click Ctrl + the link below

["The Accidental Bully - A public service announcement about cyber bullying"](#)

What makes this a digital dilemma?



# Feelings and Options Steps

The things you do or say online can have unintended consequences. Comments and posts can hurt people's feelings, and things can escalate quickly.

When you encounter a digital dilemma, you can use the Feelings & Options steps to navigate the situation. This helps you think about what you can say or do to prevent the situation from escalating.

**BE AN ENCOURAGER...**



**MAKE MORE  
POSITIVE  
COMMENTS**

[HappyHealthyandProsperous.com](http://HappyHealthyandProsperous.com)

# Feelings and Options Steps

## Read the following embarrassing story...

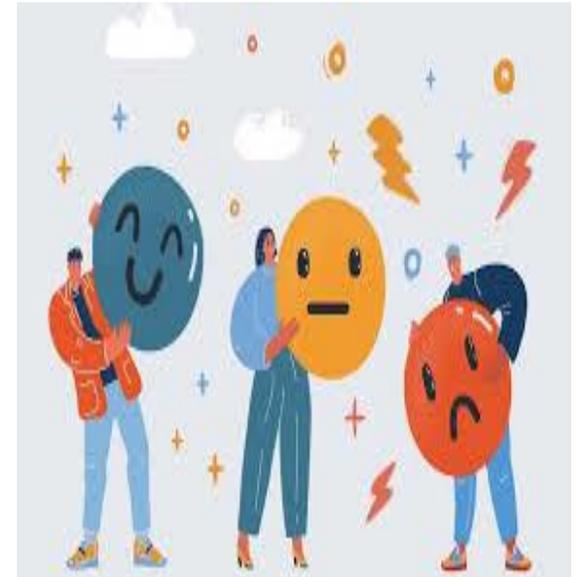
Derryl recorded a humiliating video of Jared and posted it on his story for everyone to see. Jared was mortified and asked Derryl to please stop and take the video down. Derryl didn't listen. He thought the video was really funny -- plus, a lot of people were commenting and saying that Derryl was hilarious for posting it. By the next day, it seemed like everyone at school had seen the video. Jared tried to act like it didn't bother him, but he was really embarrassed and went straight home after school instead of going to the big basketball game that he and all his friends had been looking forward to.



# Feelings and Options Steps

Identify: Who are the different people involved in the scenario? What dilemma or challenge are they facing?

Feel: What do you think each person in the dilemma is *feeling*? Why might the situation be hard or challenging for each of them?



# Feelings and Options Steps

Imagine: *Imagine* options for how the situation could be handled. Come up with as many ideas as possible: There's no one "right" answer! Then, highlight which option might lead to the most positive outcome, where most people feel good or taken care of.

Say: Thinking more about the idea you chose for handling the situation, what could the people involved say?

First: How would they say it?

\_\_\_\_ In Person      \_\_\_\_ Call or Face Time      \_\_\_\_ Text  
\_\_\_\_ Direct/Private Message      \_\_\_\_ Email      \_\_\_\_ other

Second: What would they say? Write out the conversation.



# Group Activity

Divide into groups and discuss these questions. Share responses. Be sure to hear all perspectives -- the more perspectives, the better!

What if Jared had posted a rude comment or embarrassing pic of Derryl the week before? In other words, what if this was a "revenge" post?

What if Derryl shared the video just with a group chat of four or five close friends instead of on his story?

What if Derryl posted a public apology to Jared right after sharing the video?



# Dealing With Dilemmas: Your Perspective

Sometimes situations can be more complicated than they first seem. When dealing with digital dilemmas, it is important to keep in mind any additional context and how that might change the right course of action. Give a thumbs up, thumbs down, or thumbs sideways to the following statements:

My perspective changed after hearing someone else's view.

Since dilemmas don't have a right or wrong answer, it's important to listen to all sides of the issue.

I learned strategies that will help me when I encounter a digital dilemma.

