



**Resources:**  
*bit.ly/FWsm2023*



# Click Safe, Act Brave: Navigating Digital Safety and Anti-Bullying

**Steven Hall**, *HIB Compliance & Threat  
Coordinator*

**Dennis Purcell**, *Director of Remote and Blended  
Learning*



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**FEDERAL WAY  
PUBLIC SCHOOLS**



# Purpose of Tonight's Presentation

Provide resources to support the responsible and safe use of technology and digital platforms for interaction and engagement, and to partner with our families to inform our next steps as we support scholars in the next generation of connecting



# Agenda

- Provide a definition of HIB as it relates to digital citizenship and social-emotional learning
- Share strategies for supporting our young people with navigating digital landscapes
- Share FWPS intentional efforts to teach digital citizenship
- Provide resources



**What is something  
that existed when you  
were in school that  
does not exist now?**

## Essential Question

How can you respond when  
Cyberbullying occurs?



# Digital dilemma

A situation in digital life where it's not always clear what's best to do



WATCH + DISCUSS



Huffman, Lukas (Director). (2013). The Accidental Bully. Positive Actions and Choices for Teens (PACT). Community Healthcare Network. <https://youtu.be/97de0hsC7xl>

As you watch, think about:

- What is the same as when you were in school?
- What has changed?
  - How do our strategies need to change?



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# Cyberbullying

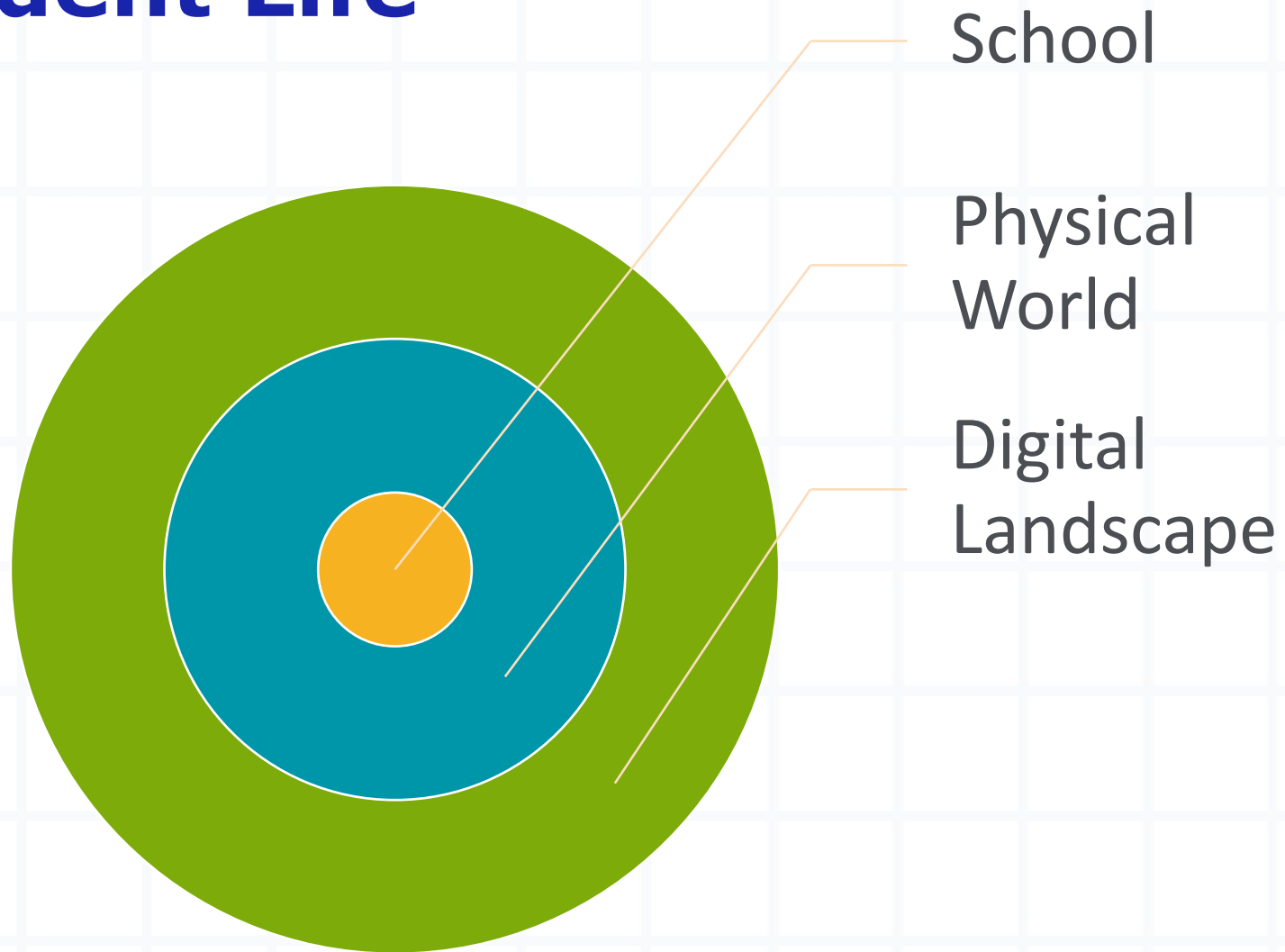
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**Harassment**  
**Intimidation**  
**Bullying**

Using digital devices, sites, and apps to intimidate, harm, and upset someone



# Student Life





# Empathy

To imagine the feelings that someone else is experiencing



## Why do you think it might be important to try to empathize with others?

*Directions:*

1. Take a moment to think silently about this question.
2. What are ways you practice empathy or encourage your children to practice empathy?



WATCH + DISCUSS



Huffman, Lukas (Director). (2013). The Accidental Bully. Positive Actions and Choices for Teens (PACT). Community Healthcare Network. <https://youtu.be/97de0hsC7xl>

Discuss:

- What makes this a digital dilemma?
- Choose a person in the video and try to empathize with them.
- Be ready to share



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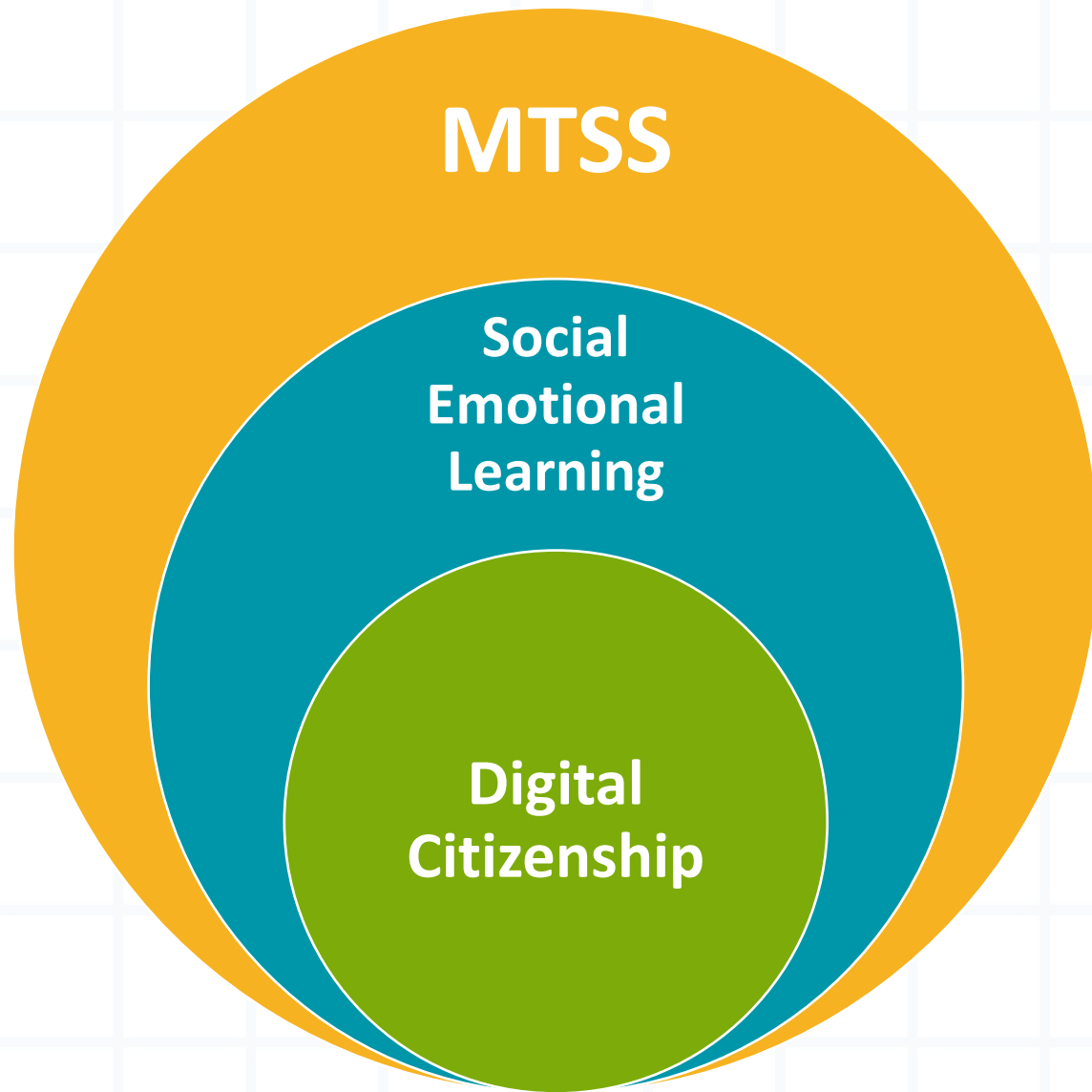


# Directions

In your group, each person will take on the viewpoint of a different person from the scenario. Write down the person you are taking the perspective of. Then, based on that perspective, complete the columns in the table. When you're done, each person will share out.

## Roles:

1. Vicky
2. A friend who received and forwarded the image of the note
3. Jacob
4. Jacob's Parent



## Multi-Tiered Systems of Support

### SEL Curriculum:

- Elementary: *Second Step*
- Secondary: *Character Strong*

### Digital Citizenship:

- *Common Sense Media*

# Sharing Resources

- District Resources
- Family Expertise



GRADES 6-8: DIGITAL CITIZENSHIP FAMILY ACTIVITY

## Cyberbullying, Digital Drama & Hate Speech

CYBERBULLYING, DIGITAL DRAMA & HATE SPEECH  
We are kind & courageous

Digital citizenship: thinking critically and using technology responsibly to learn, create, and participate

**Instructions**  
We stand up to cyberbullying and stop digital drama whenever we can. But sometimes it can feel like we're being an upstander, so it's good to have a plan. Get one or more family members together to help you set up before doing the activity together!

**Setup**  
Read aloud: When we see digital drama/cyberbullying or know it's happening, we have a choice: be bystanders or upstanders. Being an upstander might mean responding directly to the bully, or mean doing something else to support the person being bullied. If we're worried about what others do when we stand up to cyberbullying, it can help to talk through possible situations to feel prepared.

**Activity**  
Read aloud: Let's read through these situations and then discuss how we could be an upstander or one. We can talk through what might make us hesitate as well as some solutions so we feel ready to stand up to cyberbullying if it happens. The example might give us some ideas.

**Example:** You often see mean comments from the same person on your friend's Instagram post. How can you be an upstander? *I could post a comment telling that person to stop being mean.* What might make you hesitate? *The person might not stop and might start being mean to me.* What's a possible solution? *I could post something nice about my friend, and we both could delete that person so we don't see those comments anymore.*

**Situation No. 1:** A friend sends an embarrassing picture of another friend around over text. How can you be an upstander? What might make you hesitate? What's a possible solution?

**Situation No. 2:** A kid in your class is bullied in person at school, and people make fun of her online. How can you be an upstander? What might make you hesitate? What's a possible solution?

Learn more ways to be kind and courageous online at [commonsense.org/cyberbullying-tips-for-families/](https://commonsense.org/cyberbullying-tips-for-families/)

common sense education

commonsense.org/index.html  
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## Grades K-12 Family Tips

### Help Kids Fight Cyberbullying and Other Mean Online Behavior

Most kids will encounter mean behavior at some point in their digital lives. For some, the experience is a blip that's easily forgotten, while for others it can have deep, long-term effects. The key is staying involved in kids' lives -- both online and off -- so you can help if necessary. With guidance from parents and educators, kids can learn to stand up for others.

Check out these 6 tips:

- 1 Define your terms.**  
Make sure kids understand what cyberbullying is: repeated, hurtful words or behavior that occur online (through text, email, social media, etc.).
- 2 Check in about online life.**  
Just like you'd ask your kid about their sleep, exercise, or their online life. Who are they chatting with? How do they spend their time on the sites they're using?
- 3 Role-play.**  
If kids feel like they might have trouble removing themselves from a situation, role-play with them. Let them experiment with some different ways they can make a difference. Encourage them to use words they can use, ways they can steer conversations.
- 4 Encourage upstanding.**  
Let kids know that supporting a friend or acquaintance can make a big difference. If they feel safe confronting the bully, encourage them to do so. A private message to the victim can be enough to help stop the bullying. Speaking up against hate speech is important, too.

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1601 S. 34th Street, Everett, WA 98201

Department of Remote and Blended Learning

## Social Media and Digital Platform Supports

### Links to Family Resources

Use the links and QR codes below to access family resources.

**Social Media Family Support:** This page provides our FWPS digital citizenship goals and links to elementary and secondary resources for families as well as link to Common Sense Media Resources.

[Social Media Resources for Families - Federal Way School District \(fwps.org\)](https://fwps.org/), [bit.ly/FWsm2023](https://bit.ly/FWsm2023)

From this FWPS support site you will be able to access resources from our partner Common Sense Media:

- Common Sense Media Social Media Resources for Families.
- Common Sense Media *Parents' Ultimate Guides*

**Additional Resources**


- Common Sense Media
- Social Media Resources for Families
- Parents' Ultimate Guides

**Common Sense Media Tips by Text**

- Text the word "kids" to 21555

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➤ *Grades K-12 Family Tips*

# Help Kids Fight Cyberbullying and Other Mean Online Behavior



# Tip 1



## *Define your terms.*

Make sure kids understand what cyberbullying is: repeated and unwanted mean or hurtful words or behavior that occur online (through texts, social media posts, online chat, etc.).



## *Definan sus términos.*

Asegúrense de que sus hijos entiendan qué es el ciberbullying: palabras o comportamientos crueles e hirientes, reiterados y no deseados que se expresan por Internet (a través de mensajes de texto, publicaciones en redes sociales, foros de chat, etc.).



## Tip 2

2

### *Check in about online life.*

Just like you'd ask your kid about their sleep, exercise, and eating, stay on top of their online life. Who are they chatting with? How do people treat each other in the games and on the sites they're using?

2

### *Pregunten por la vida virtual de los niños.*

Así como les preguntan a sus hijos cómo durmieron, si hicieron ejercicio o qué comieron, manténganse informados de cómo marchan las cosas en sus vidas virtuales. ¿Con quién conversan por chat? ¿Cómo se tratan las personas en los juegos y en los sitios que utilizan?



## Tip 3

3

### *Role-play.*

If kids feel like they might have trouble removing themselves from digital drama, experiment with some different ways they can make a graceful exit. Talk through words they can use, ways they can steer conversations in positive directions, etc.

3

### *Intercambien roles.*

Si sus hijos sienten que pueden tener dificultades para evitar el drama digital, prueben distintas formas en las que puedan salir de estas situaciones sin malas consecuencias. Dialoguen con ellos sobre las palabras que pueden usar, formas para llevar sus conversaciones en un sentido positivo, etc.



## Tip 4

**Report, don't repost!**



### *Encourage upstanding.*

Let kids know that supporting a friend or acquaintance who is being bullied can make a big difference. If they feel safe confronting the bully, they should. If not, a private message to the victim can be enough to help someone through a tough time. Speaking up against hate speech is important, too.



### *Alienten a los niños para que defiendan a los demás.*

Expliquen a sus hijos que apoyar a un amigo o conocido que está siendo víctima de bullying puede marcar una diferencia importante. Si se sienten seguros para confrontar al agresor, deben hacerlo. De lo contrario, enviar un mensaje privado a la víctima puede ser suficiente para ayudarla en un mal momento. También es importante oponerse a las expresiones de odio.



## Tip 5



### *Take breaks.*

If you notice your kid getting pulled into digital drama, help them take a break. It's great if they can determine for themselves when they need to step back, but they might need some help setting limits. Putting devices to bed at a specific time, plus breaks for mealtimes and face-to-face connection, can help kids recharge.



### *Tomen descansos.*

Si advierten que sus hijos se ven inmersos en el drama digital, ayúdenlos a tomar un descanso. Lo ideal es que ellos mismos pueda darse cuenta cuándo es necesario dar un paso atrás, pero también puede necesitar un poco de ayuda para poner límites. Apagar los dispositivos a una determinada hora del día y hacer descansos a la hora de comer y durante las interacciones personales puede ayudar a los niños a recargar energías.



## Tip 6

6

### *Review worst-case steps.*

Walk through what to do if your kid is being bullied online. First, step away. Ignoring a bully can be very effective. If the bullying continues, take screenshots or print out evidence. Then block the person. If it gets worse, report the behavior to a trusted adult. Talk about who those people are and make sure your kid has their contact information.

6

### *Repasen los pasos a seguir en el peor de los casos.*

Repasen qué hacer si sus hijos son víctimas de ciberbullying. En primer lugar, dar un paso al costado. Ignorar al agresor puede ser muy eficaz. Si el bullying continúa, tomar capturas de pantalla o imprimir evidencia. Luego, bloquear a la persona. Si las cosas empeoran, contarle la situación a un adulto de confianza. Hablen con sus hijos acerca de quiénes son esos adultos de confianza y asegúrense de que tengan información para contactarlos.





# Thank you!



*Check out our FWPS Social Media  
Support Page for Resources:  
[bit.ly/FWsm2023](https://bit.ly/FWsm2023)*



# Feedback Survey

**Please help us improve by sharing your feedback about today's event through a 3-minute survey:**

*Encuesta posterior al evento: !Ayúdenos a mejorar!*

*Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!*

Опрос мнения по окончании мероприятия:  
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بہبود یابیم!



**Scan the QR code or, Visit:**  
[www.fwps.org/FamilyAcademySurvey](http://www.fwps.org/FamilyAcademySurvey)