GRADES 3–5: DIGITAL LITERACY & WELL-BEING FAMILY ACTIVITY

Cyberbullying & Online Harms

Digital literacy and well-being: Thinking critically and using technology responsibly to learn, create, and participate



CYBERBULLYING & ONLINE HARMS

We are kind and courageous.

Instructions

Blocking and reporting people who bully online is important. Find out how to block and report people on an app or website that allows chat. Get one or more family members together to help. Don't forget to read the setup before doing the activity together!

Setup

Read aloud, step by step: Sometimes people say and do things online that can hurt others. We need to be kind online and stand up to people who bully. And if someone is bullying us, we can stand up for ourselves by blocking and reporting them. Blocking a someone who is bullying makes it so they can't chat with us anymore, and reporting means telling the site or app about the bullying behavior.

Activity

Read aloud, step by step:

- Let's open a website or app that has chat (Roblox, Fortnite, Minecraft, Animal Jam, TikTok, or a social media app). If I don't use these, my family member can open a social media app they use.
- Each site or app is a bit different, but usually tapping on the the other person's picture or profile is the first step. Let's try it.
- Let's find the choices about blocking and reporting the other person.
- How can we turn off chat or have a private account? It's always best to only chat with people you know face-to-face.
- If we get stuck, we can use the Help section or search online for how to block and report on that site or app.

Learn more about how to be kind and courageous online at commonsense.org/cyberbullying-tips-for-families!

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