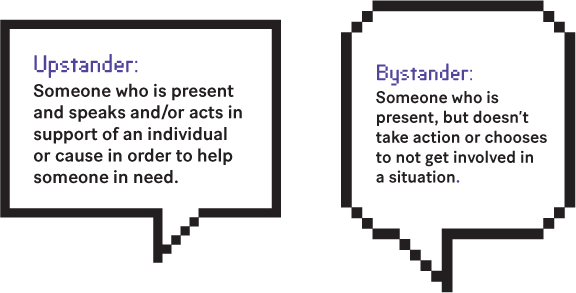
Intermediate Grades

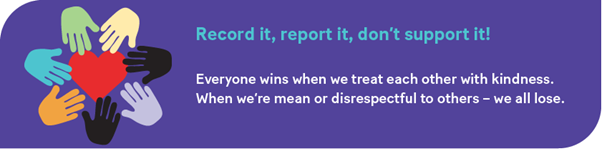
Lesson 5 Handout

How to be an Upstander!

Case Study: What Would You Do?

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| ***In a remote learning (online) classroom setting,  Lorne’s class is having a discussion and everyone’s cameras are on.***  *It becomes evident to his peers that Lorne’s room has outdated furniture and poor-quality Wi-Fi. Annie notices and chuckles, saying “Hey Lorne, do you live in a shack?”. This is a situation of cyberbullying. If you were in this virtual classroom setting,  how would you proceed?* |

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Responding to Cyberbullying

* Never confront a bully who is a stranger, either in person or online. Instead, tell a parent/guardian or trusted adult.
* Don’t respond to or engage in arguments online. Getting involved can blur the lines and make it hard to figure out who’s in the wrong.
* Save screenshots of bullying messages/posts and report them to a parent/guardian or trusted adult so they can help you do something about it.
* If cyberbullying occurs during the school year, report it to your teacher, the principal and/or school administrators.
* For unwanted text messages or phone calls, most cellphones have a “block number” function. For unwanted messages on social media platforms or downloaded apps, report instances of cyberbullying directly to the corresponding social media or application Help Centre/Customer Care.
* Report criminal offences (e.g., threats, assaults, harassment and exploitation) to local police.
* Always tell someone – no one is in this alone! Consult a trusted adult who can advocate for you.

