

**Social Skills – Teacher Note**

Your student just completed a social skills lesson. The topic was:

***What to Do About Cyberbullying.*** Your knowledge of this lesson may help you to help your student generalize the skills to other environments.

**What he/she learned:**

1. The definition of cyberbullying – using tech devices to post things that hurt someone’s feelings or threaten someone.
2. Cyberbullying can happen through text messages, emails, chat rooms, social media.
3. People cyberbully others by posting embarrassing pictures, spreading lies/rumors, pretending to be your child online fooling your student into giving out personal information, sending threatening emails or texts.
4. Cyberbullying can happen anywhere, anytime, and by anyone. Cyberbullies continue because they can remain anonymous. They may even say worse things through tech media than they would in person.
5. Your student may think cyberbullying is their fault. It’s important that they don’t blame themselves.
6. Your student learned 6 ways to handle cyberbullying:
* Save the evidence – don’t erase
* Tell a trusted adult
* Report threats to teacher, principal, police
* Don’t respond or retaliate
* Protect yourself by not giving out personal

information

* Block the sender

**Your student received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your student for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**