

cyberbully



CYBERBULLY Conversation Starter

We created these questions to help you start a conversation with your friends around the issues that come up in ABC Family's original movie, *Cyberbully*. There are no right or wrong answers—we just wanted to give you some topics to think about. . .

Online Identity

1. Do you feel there is pressure to be someone you are not when on a social networking site? Have you ever enhanced your profile (through Photoshop) or lied about something you did just to appear different?

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Friendships/Relationships

1. Online you can have a zillion "friends," but what qualities do you look for in your offline friendships? What qualities matter most to you?

2. How many times have you started a fight, issued an apology, broken up with someone, or asked someone out online? Why is it SO much easier to do these things online than off?

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School/Legal Involvement

1. Do you think schools should get more involved in helping to prevent cyberbullying? What has your school done about this issue?

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Taking Action

1. Why do you think it is hard sometimes for someone to speak up when they are being bullied?
2. What is one thing you could today (right now!) to help you and your friends Delete Digital Drama?
3. Sometimes having an "Esteem Team" can help you get through being bullied. An "Esteem Team" is someone you know, trust, and can rely on. Who is on your "Esteem Team?" Is it your mom, coach, step-dad, best friend?

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Ways you can [delete] DIGITAL DRAMA

- **Delete the Drama.** If email or digital comments turn negative, just delete the comments, rather than joining in. Or put a stop to it by talking out the problem.
- **Tell someone.** If you're being bullied, tell a favorite teacher, a parent, or even the internet service provider of the person doing the bullying. Sometimes just calling attention to the issue can stop it from spiraling out of control.
- **Consider Your Words.** When communicating online, ask yourself if this is something you'd say to the person's face. If not, don't send it. Don't hide behind fear. Stand up for yourselves and for each other.
- **Get Help.** You can Instant Message with a trained counselor at www.StompOutBullying.Org or call 855-790-HELP. Check available times by clicking the "Need Help?" tab/banner on the website.



Jess Weiner, who was once bullied as a teen, is now a best-selling author, self-esteem expert, and public speaker who helps teens around the world feel more confident!

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