

Episode Guide: Episode 3 "Rocket Bike"

ABOUT
THE ISSUE

BYSTANDERS AND UPSTANDERS

Also discussed in the Episode Guide for Episode 1, cyberbullying is an increasingly prevalent problem facing children, teens, and young adults online. A "bystander" is anyone who sees the bullying, online or offline, but does not step in. Being an "upstander" means taking action to stop it. Some things that kids can do online to act as upstanders include: changing the focus of a negative conversation, expressing empathy toward the person being cyberbullied, checking in privately with the person being cyberbullied, reporting the cyberbullying to a trusted adult and/or to the website or app where it's happening.

EPISODE SUMMARY

Nettie and Webster encounter a girl who is being cyberbullied. They remind her what she can do when facing a cyberbully and who she can talk to.

LESSONS LEARNED

It's never too late to start making a good impression online. If you can do so safely, step in and help others who need assistance, even online!

Activities for one-on-one and small group settings.

DISCUSSION STARTERS

- Was Nettie a bystander or an upstander? What about Webster?
- What did Stella want to do about Celeste's cyberbullies?
- What might happen if Stella and Celeste, plus their friends, write mean things back to the cyberbullies?
- What were some of Nettie and Webster's suggestions for dealing with a cyberbully?

PUT IT INTO ACTION

For role play scenarios, you may choose to have kids write/act out a skit to demonstrate each situation.

- Have you ever been a bystander? If yes, think back to the time you were a bystander and act out what you could have done differently. If you have never been a bystander, imagine a situation where you see cyberbullying. What would you do?
- If you saw someone who was being a bystander to cyberbullying, how might you describe how to be an upstander to them?
- Create a short skit that shows at least one way someone may be a cyberbully. Have one person act as a bystander and the other act as an upstander. Have the upstander explain to the bystander why he or she should also become an upstander.
- Make a list of at least three trusted adults, close friends, and/or family members who you would feel comfortable talking to if you ever experience cyberbullying.



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