



DO THE RIGHT THING

LESSON NINE

Summary

In this lesson, you will learn how heroes choose to do the right thing. This helps everyone feel safety and belonging. You will also learn how to be **assertive** instead of **aggressive**. And you'll learn about **harassment**, with a focus on online harassment, also called "cyberbullying."

DISCUSSION QUESTIONS

What should you do if you witness bullying behavior?

How is "assertive" different than "aggressive?" Give an example of each.

What are some of the things you can do if you experience cyberbullying?

What would be most helpful to do after you have experienced bullying behavior?

How did the video define "harassment?"

Why should you report harassment?



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CLASS ACTIVITY:

Using Assertive Statements

When people use **aggressive** statements, it makes people feel unsafe, leads to bullying behavior, or makes a bullying situation worse. Work with others in your class to think of **assertive** statements instead.

1. Break into pairs or small groups.
2. For each **aggressive** statement listed, work together to think of an **assertive** statement that would work better, and write it down.
3. When you're done, your instructor may have you share with the group.

Aggressive Statement *(Being Mean About It)*

Assertive Statement *(Meaning It Without Being Mean)*

Keep being a jerk and I'll make you sorry, loser.

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.....

Touch my backpack again and I'm gonna punch you right in the face.

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Don't take it out on me just because you're stupid.

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Stop leaving mean comments on my SnapChat. It's not my fault you're ugly.

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HOME ACTIVITY: Review Assertive Instead of Aggressive Statements

When responding to bullying behavior, make sure you don't show bullying behavior yourself. You can be **assertive** without being aggressive. Remember from the video, that being confident and assertive is to "mean it" without being "mean about it." Let's review the main differences between **aggressive** responses and **assertive** responses.

AGGRESSIVE RESPONSE

- Is mean
- Is hurtful
- Is stated angrily
- Shows disrespect

ASSERTIVE RESPONSE

- Is firm in tone
- Shows confidence
- Is stated calmly
- Respects yourself and others

PRACTICE STAYING SAFE: BE AWARE OF YOUR SURROUNDINGS

Staying safe gets easier with practice. This week, pay attention to your surroundings and look for things that could be unsafe. Use your self-awareness to pay attention to your feelings. If you are with friends, talk about it. Let them know if you feel or think a situation might not be safe. Be careful not to go places where you'll be alone and won't be able to get help if danger arises. Avoid areas that seem risky or potentially unsafe, and trust your instincts. If you ever feel unsafe, leave. You can also tell a trusted adult that you feel unsafe and ask them for help or to accompany you. The more you practice, the more staying safe will become a habit.



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HOME ACTIVITY:

Staying Safe: Dealing with Cyberbullying

When it comes to cyberbullying, remember that it doesn't matter how many "likes" you get on a social media post, or if someone posts a mean comment. What really matters is that you realize that you are a valuable person and that you love yourself. And that doesn't change just because someone is mean on social media.

PREVENTING CYBERBULLYING

Take these actions to help prevent cyberbullying even before it starts:

- Keep your passwords and personal information to yourself. Never share personal information that could be used to harm you or your reputation in any way.
- Don't post any personal information that may be used to take advantage of you or your feelings. If you aren't comfortable with getting a response you don't like, don't post it.
- Spend plenty of time away from social media (off your phone). Go out into nature, build relationships and friendships in person, or join in-person groups or outings that spark your interest.
- Remember to practice self-love and resilience as much as possible. It all starts with you. If you practice self-love, other people's comments will have less of an impact on you.

WHAT TO DO IF YOU EXPERIENCE CYBERBULLYING

If you experience cyberbullying:

1. Report that person on the app or block that person on the app or on your phone.
2. Take a screenshot of the incident and report it to a trusted adult.
3. Remember that harassment (another word for bullying behavior) is against the law in most countries and communities. You can work with a trusted adult and law enforcement to protect your safety and right to not be harassed.