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Curriculum Introduction: How to Deal with Cyberbullying in the 21st Century

This curriculum was delivered as an interactive Zoom-based presentation during the COVID-19 pandemic in 2021. Designed for middle-school students, high-school students, and parents, the session followed the structured outline of the *How to Deal with Cyberbullying in the 21st Century* curriculum while adapting the content for virtual engagement. Participants interacted through guided discussion, chat-based responses, and real-time questions, allowing the presenter to maintain audience engagement and instructional clarity despite the remote format. The virtual delivery demonstrates the presenter's ability to communicate effectively across digital platforms and to adjust instructional strategies to meet the needs of students and families during a period of remote education.

Instructor Background

The presenter is the co-author of *ACTIONS: The Bully & Suicide Resource Guide for the 21st Century*, a resource developed with educators and community members to support students, parents, and adult learners. With extensive experience delivering youth assemblies, leadership seminars, and bullying-prevention programs across multiple school systems, the presenter brings both personal insight and professional expertise to the topic of cyberbullying. The curriculum and PowerPoint used in this lesson are adapted directly from the presenter's published work and long-standing instructional practice, demonstrating a consistent commitment to youth advocacy, digital safety, and community education.

Title: *How to Deal with Cyberbullying in the 21st Century*

Audience: Middle-school students, high-school students, and parents

Source Material: This curriculum is adapted from the presenter's published book, *ACTIONS: The Bullying & Suicide Resource Guide for the 21st Century*

Available on Amazon: https://a.co/d/69dt58Q

Delivery Method: Interactive Zoom presentation (2021); adaptable for in-person delivery

Curriculum Overview

This curriculum provides students and parents with a structured understanding of cyberbullying in the 21st century. Adapted directly from the presenter's published book, *ACTIONS: The Bully & Suicide Resource Guide for the 21st Century*, the lesson identifies forms of cyberbullying, explores emotional and social impacts, and teaches practical strategies for responding safely. The curriculum integrates real-life examples, the presenter's personal experiences, and the ACTIONS framework to promote digital responsibility, awareness, and resilience.

Learning Objectives

By the end of this lesson, participants will be able to:

- Define cyberbullying and identify common online harassment behaviors
- Recognize emotional and social impacts of cyberbullying
- Apply the ACTIONS framework to respond safely and responsibly
- Demonstrate strategies for reporting and documenting incidents
- Understand digital citizenship and online boundaries
- Identify trusted adults and school resources for support

Key Concepts (from the Book)

A – Awareness

Recognizing what cyberbullying looks like across digital platforms.

C – Communication

Encouraging students and parents to speak up, report incidents, and seek help.

T – Take Action

Practical steps to respond safely without escalating conflict.

I – Identify Safe Adults

Knowing who to go to for support at school and at home.

O – Observe Online Behavior

Understanding digital footprints and long-term consequences.

N – Never Engage

Avoiding retaliation or escalation online.

S – Support Others

Promoting empathy, inclusion, and peer advocacy.

Instructional Sequence

1. Introduction (5 minutes)

- Presenter introduces the topic
- Overview of the ACTIONS framework
- Establish a safe, respectful learning environment

2. Defining Cyberbullying (10 minutes)

- PowerPoint slides explain:
    - Harassment
    - Impersonation
    - Rumors
    - Group exclusion

        o   Threatening messages
- Students/parents identify examples from platforms they use

3. Emotional & Social Impact (10 minutes)

- Discussion of mental-health effects
- Connection to real-world cases (non-graphic)
- Emphasis on empathy and awareness

4. ACTIONS Framework Application (15 minutes)

- Step-by-step strategies from the book
- How to document incidents
- How to report safely
- How to avoid escalation

5. Digital Citizenship (10 minutes)

- Respectful communication
- Privacy and boundaries
- Long-term consequences of online behavior

6. Closing Reflection (5 minutes)

- Participants share one strategy they will use
- Presenter reinforces support resources

Materials Needed

- PowerPoint presentation
- ACTIONS framework handout (optional)
- School reporting forms (optional)
- Projector or Zoom screen-share

Assessment / Evidence of Learning

- Participant responses during discussion
- Reflection statements
- Demonstrated understanding of the ACTIONS steps
- Ability to identify safe responses to cyberbullying scenarios

PROGRAM OUTLINE

How to Deal with Cyberbullying in the 21st Century *(Third-person, evaluator-ready)*

I. Opening Slide

- Title of presentation
- Presenter introduction
- Purpose of the session

II. What Is Cyberbullying?

- Definition
- Common forms: harassment, impersonation, exclusion, rumors, threats
- Real-world examples (non-graphic)

III. Emotional & Social Impact

- Mental-health effects
- Social consequences
- How cyberbullying affects students and families

IV. ACTIONS Framework (from the book)

- **A – Awareness:** Recognizing harmful online behavior
- **C – Communication:** Reporting and speaking up
- **T – Take Action:** Safe steps to respond
- **I – Identify Safe Adults:** Who to go to for help
- **O – Observe Online Behavior:** Understanding digital footprints
- **N – Never Engage:** Avoiding escalation
- **S – Support Others:** Encouraging empathy and advocacy

V. Prevention Strategies

- Digital citizenship
- Privacy and boundaries
- How to document incidents
- How to report safely

VI. Closing Slide

- Key takeaways
- Encouragement and support resources
- Final message to students and parents

MANUSCRIPT

How to Deal with Cyberbullying in the 21st Century

Hello everyone, my name is Mrs. Sharon Kaye Edwards, and today I want to talk with you about an issue that affects students, parents, and entire communities: cyberbullying. This presentation is based on my book, *ACTIONS: The Bully & Suicide Resource Guide for the 21st Century*, which I co-wrote with educators and community members. The book includes my own experiences with bullying, and it provides the framework we'll use today to understand how to stay safe online.

Cyberbullying can take many forms, such as harassment, impersonation, exclusion, rumors, and harmful messages. These behaviors can happen on social media, group chats, gaming platforms, and anywhere people communicate online. Understanding what cyberbullying looks like is the first step in preventing it.

Next, I will talk about the emotional impact. Cyberbullying can affect a person's confidence, mental health, and sense of safety. I share parts of my own story to help students understand that bullying is real, it is painful, and it can be overcome with support and awareness.

Then I will introduce the ACTIONS framework from my book:

 A — Awareness,

C — Communication

T — Take Action

I — Identify Safe Adults

 O — Observe Online Behavior

N — Never Engage

S — Support Others

Each step gives students and parents a practical way to respond to cyberbullying without escalating the situation. These steps help us stay safe, protect our mental health, and support others who may be struggling.

I will close by reminding everyone that they are not alone, that support is available, and that their voice matters. Cyberbullying is preventable when we understand it, talk about it, and take action together.