

## Building A Standards-Based Curriculum

Building a standards-based cyberbullying curriculum is a joint effort among teachers, parents, legislators and teens themselves.

**This curriculum can be seamlessly incorporated into classes like language arts, computers or technology, social studies, even psychology.**

Wherever it fits, the success of this curriculum hinges on bringing parents in at the ground level. Because cyberbullying continues from the classroom to the home, the teaching must also translate.

### The goal

To **COMPEL** students to speak up about cyberbullying when it begins, so that teachers and administrators can work to solve the problem.

Help students **REPEL** the negative, hurtful actions of cyberbullies by reporting those incidents to a teacher or parent.

**DISPEL** the notion that cyberbullying education is a waste of time and sharing its usefulness with other educators.

Help students **EXCEL** in school by eliminating the stress and embarrassment caused by cyberbullying, which improves the overall school environment.

### The lessons

A course on cyberbullying should include lessons such as:

- What is cyberbullying?
- Respect and responsibility
- Cyberbullying across devices and services
- Cyberbullying scenarios and consequences
- What to do if you're being cyberbullied
- What to do if you're a cyberbully
- Making your school safe from cyberbullying

### The journal

Throughout the lessons, teachers should ask students to write about what they have learned in a personal journal. A typical entry should consist of a paragraph of four to eight sentences that addresses specific questions and key points from the lesson. Encourage students to create a separate section in a notebook for this cyberbullying course, as they will be participating in additional lessons and getting materials throughout the school year.

### More resources

Visit [www.incredibleinternet.com/cyberbullying](http://www.incredibleinternet.com/cyberbullying) for more resources for teachers and parents.