

# Identifying Cyberbullying

## Worksheet For Teens

**Cyberbullying:** willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.



This worksheet is designed to help you think through different situations youth might encounter, identify if it's cyberbullying, and reflect on your responses.

*Review the following scenarios and answer the questions below.*

1. Yesenia keeps seeing two girls from her school posting on social media saying nobody likes her. The two girls continued to comment on other posts and pictures with comments targeted at Yesenia, calling her offensive names and telling her she should hurt herself.

Is it cyberbullying?

How would you respond?

2. Shelby is tagged in a social media picture that makes her uncomfortable. She decides to tell Bethany to take the picture down because she doesn't like it. Bethany teases her saying "come on, it's not that bad" but Shelby insists on removing the picture.

Is it cyberbullying?

How would you respond?

3. Emma is pressured by her boyfriend, James, to send a nude image of herself. He tells her it is “for his eyes only” but he shares the picture with his friends, who then forward it to other people. Emma’s picture is now spreading all throughout her high school. Teens at school start talking about Emma on social media and calling her vulgar names.

Is it cyberbullying?

How would you respond?

4. Corey decides to start his own YouTube channel. He begins posting videos of him playing a video game. After Corey has uploaded a couple of the videos, he decides to read the comments. He notices several people have left comments teasing Corey about his weight.

Is it cyberbullying?

How would you respond?

**If you experience cyberbullying, here are some suggestions:**

- Talk to someone about it
- Do not retaliate or “get revenge”
- Block those who cyberbully
- Save the evidence
- Report it

**You can also choose to be an Upstander or an Ally!**

**Upstander:** someone who responds to a bullying situation by confronting the bully or by telling a safe adult.

**Ally:** someone who responds to a bullying situation by supporting the person being bullied.