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**CYBERBULLYING
PREVENTION PACKET**
2025-2026



Cyberbullying Prevention Parent Resource

Help Stop Cyberbullying Before It Starts

October is Bullying Prevention Month, and it's the perfect time to start meaningful conversations with your child about digital safety, kindness, and online responsibility.

We've created this packet to help you support your student, both in protecting them from cyberbullying and in guiding them to be respectful digital citizens themselves.

Let's work together to create safer, more supportive online communities for our children.

Cyberbullying Prevention Parent Checklist

Use this simple checklist to take action this month:

- ☐ **Talk about cyberbullying:** what it is, how it feels, and what to do if it happens.
- ☐ **Check in regularly** about your child's online experiences and emotional well-being.
- ☐ **Review privacy settings** together on all apps and devices.
- ☐ **Set clear family rules** for respectful digital behavior.
- ☐ **Create a safe space** where your child feels comfortable reporting issues.
- ☐ **Know your school's policy** on cyberbullying and how to report it.
- ☐ **Model positive behavior** in your own digital interactions.
- ☐ **Bookmark help resources**, such as stopbullying.gov or local reporting tools.

How to Prevent Your Child from Becoming a Cyberbully

- **Talk about empathy:** help them understand how their words impact others online.
- **Establish consequences** for hurtful digital behavior at home.
- **Monitor tone and content** of your child's texts, comments, or posts.
- **Correct early signs** of teasing, exclusion, or sarcasm before it escalates online.
- **Encourage kindness and accountability:** being anonymous online is no excuse to be cruel.
- **Help them think critically:** Would I say this to someone's face? Would I be okay if this were said to me?

Tips to Help Keep Your Student Safe from Cyberbullying

1. **Keep devices in shared spaces**, when possible, especially for younger children.
2. **Encourage open dialogue:** make it clear they can come to you without fear of punishment.
3. **Teach them how to block/report** harmful users or messages on every platform they use.
4. **Remind them: never share passwords**, even with friends.
5. **Be alert to signs** of distress, withdrawal, or secrecy with devices, these could signal cyberbullying.
6. **Use parental controls** or monitoring tools to stay aware of digital activity, especially for younger kids.

Recommended Digital Safety Lessons

- **Cyberbullying:** The Quack Attack
- **Cyberbullying:** The Imposter
- **Cyberbullying:** Keeping the School Community Safe
- **Digital Citizenship:** A Slippery Digital Footprint
- **Digital Citizenship:** Bean There, Done That

BAM!

Digital Safety Curriculum Guide

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■ *Highlight CIPA aligned lessons



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KINDERGARTEN

Topic	Curriculum Title	Instruction Type	Time in Minutes
WEEK 1			
Online Safety and Digital Citizenship	Online Safety & Digital Citizenship: Introduction	Video	2
Online Safety and Digital Citizenship	Introduction to Digital Citizenship: Cyberbullying	Video	5
Online Safety and Digital Citizenship	Introduction to Online Safety: Protecting Your Privacy	Video	4
Online Safety and Digital Citizenship	Meaning of Online: Vocabulary Interactive Practice	Practice	10
WEEK 2			
Online Safety and Digital Citizenship	Getting Started Online: Pearl's Private Password	Video	3
Online Safety and Digital Citizenship	Getting Started Online: Parts of a Password	Practice	2
Online Safety and Digital Citizenship	Getting Started Online: Color the Usernames	Practice	2
Online Safety and Digital Citizenship	Getting Started Online: What Should Pearl Say?	Practice	2
Online Safety and Digital Citizenship	Online Privacy: Help Is on the Way!	Video	3
WEEK 3			
Online Safety and Digital Citizenship	Cyberbullying: The Final Cyber-Quest	Video	2
Online Safety and Digital Citizenship	Cyberbullying: The Cave of Mystery	Video	2
Online Safety and Digital Citizenship	Cyberbullying: Vocabulary Practice	Practice	10
Online Safety and Digital Citizenship	Cyberbullying: Where Is It Found?	Practice	2
Online Safety and Digital Citizenship	Cyberbullying: How Would You Feel?	Practice	2

1ST GRADE

WEEK 1			
Online Safety and Digital Citizenship	Online Safety & Digital Citizenship: Introduction	Video	2
Online Safety and Digital Citizenship	Introduction to Digital Citizenship: Cyberbullying	Video	5
Online Safety and Digital Citizenship	Introduction to Online Safety: Protecting Your Privacy	Video	4
Online Safety and Digital Citizenship	Digital Citizenship: The Grand Keyboard	Video	3
WEEK 2			
Online Safety and Digital Citizenship	Cyberbullying: Rocki's Profile Prank	Video	3
Online Safety and Digital Citizenship	Cyberbullying: Sorting Vocabulary	Practice	10
Online Safety and Digital Citizenship	Cyberbullying: Think Before You Prank	Practice	3
Online Safety and Digital Citizenship	Cyberbullying: Report a Cyberbully	Practice	3
WEEK 3			
Online Safety and Digital Citizenship	Online Safety: Safe Site Strategies Discussion Reflection	Discussion	35

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2ND GRADE

WEEK 1

Online Safety and Digital Citizenship	Online Safety & Digital Citizenship: Introduction	Video	2
Online Safety and Digital Citizenship	Introduction to Digital Citizenship: Cyberbullying	Video	5
Online Safety and Digital Citizenship	Introduction to Online Safety: Protecting Your Privacy	Video	4
Online Safety and Digital Citizenship	Digital Citizenship: The Mysterious Map	Video	2
Online Safety and Digital Citizenship	Digital Citizenship: Into the Trees	Video	2

WEEK 2

Online Safety and Digital Citizenship	Digital Citizenship: Fort in the Forest	Video	2
Online Safety and Digital Citizenship	Digital Citizenship: Fill in the Blanks	Practice	10
Online Safety and Digital Citizenship	Digital Citizenship: Footprints and Identity	Practice	10

WEEK 3

Online Safety and Digital Citizenship	Cyberbullying: The Legendary Shellphone Part 1	Video	2
Online Safety and Digital Citizenship	Cyberbullying: The Legendary Shellphone Part 2	Video	2
Online Safety and Digital Citizenship	Cyberbullying: Awareness and Response	Practice	10

3RD GRADE

WEEK 1

Online Safety and Digital Citizenship	3-5 Online Safety and Digital Citizenship Introduction Video	Video	3
Online Safety and Digital Citizenship	Cyberbullying: A Sticky Situation Part 1	Video	5
Online Safety and Digital Citizenship	Cyberbullying: Sort Out Your Feelings	Practice	5
Online Safety and Digital Citizenship	Cyberbullying: A Sticky Situation Part 2	Video	5
Online Safety and Digital Citizenship	Cyberbullying: Recipes for Dealing with Cyberbullying	Practice	5

WEEK 2

Online Safety and Digital Citizenship	Digital Citizenship: Vocabulary for Quest for the Cookie	Video	2
Online Safety and Digital Citizenship	Digital Citizenship: Vocabulary Cards	Practice	5
Online Safety and Digital Citizenship	Digital Citizenship: Quest for the Cookie	Video	5
Online Safety and Digital Citizenship	Digital Citizenship: Quest for the Cookie Scavenger Hunt	Practice	5
Online Safety and Digital Citizenship	Your Rings of Responsibility - Student Video	Video	2

WEEK 3

Online Safety and Digital Citizenship	Internet Usage: Online Information Basics	Video	15
Online Safety and Digital Citizenship	Internet Usage: Browsing and URLs	Video	15



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4TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Treating Others With Kindness, Online & Off	Video	10
Online Safety and Digital Citizenship	Protecting Yourself in the Digital World	Video	10
Online Safety and Digital Citizenship	What Is a Value?	Video	10
Online Safety and Digital Citizenship	Values Can Guide You Online	Video	10

WEEK 2

Online Safety and Digital Citizenship	Cyberbullying: The Imposter?	Video	5
Online Safety and Digital Citizenship	Cyberbullying: What To Do If An Imposter Chooses You	Practice	5
Online Safety and Digital Citizenship	Keeping Safe From Scams	Video	10
Online Safety and Digital Citizenship	Keeping Safe From Strangers	Video	10

WEEK 3

Artificial Intelligence	What is AI? Opal Generates Answers	Video	8
Artificial Intelligence	How Does AI Work? The Bean City Science Fair	Video	8
Artificial Intelligence	The Why's and When's of AI: Innovation and Impact	Video	5
Artificial Intelligence	The Ethics of Artificial Intelligence: Gizmo's Glitch	Video	5

5TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Treating Others With Kindness, Online & Off	Video	10
Online Safety and Digital Citizenship	Protecting Yourself in the Digital World	Video	10
Online Safety and Digital Citizenship	Being Responsible Online	Video	10

WEEK 2

Online Safety and Digital Citizenship	Understanding Another's Perspective	Video	10
Online Safety and Digital Citizenship	Netiquette in Online Communication	Video	7
Online Safety and Digital Citizenship	Communicating Online	Video	10

WEEK 3

Artificial Intelligence	What is AI? Opal Generates Answers	Video	8
Artificial Intelligence	How Does AI Work? The Bean City Science Fair	Video	8
Artificial Intelligence	Prompt Engineering: The Mayor's Speech	Video	5
Artificial Intelligence	The Why's and When's of AI: Innovation and Impact	Video	5
Artificial Intelligence	The Ethics of Artificial Intelligence: Gizmo's Glitch	Video	5



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6TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Interacting With Others Online	Video	15
Online Safety and Digital Citizenship	Interacting With Others Online	Video	10
Online Safety and Digital Citizenship	Cyberbullying Awareness & Prevention	Video	15

WEEK 2

Online Safety and Digital Citizenship	Commenting Respectfully	Video	15
Online Safety and Digital Citizenship	Commenting Respectfully	Practice	10
Online Safety and Digital Citizenship	What is Cyberbullying? Digital Drama?	Video	15
Online Safety and Digital Citizenship	What is Cyberbullying? Digital Drama?	Practice	10
Online Safety and Digital Citizenship	Digital Drama Unplugged	Video	4

WEEK 3

Artificial Intelligence	What is Artificial Intelligence?	Video	15
Artificial Intelligence	AI Chatbots: Who's Behind the Screen?	Video	5
Artificial Intelligence	Internet Usage: Ethical Use of Digital Resources	Video	15
Artificial Intelligence	Chatting Safely Online – Student Video	Video	4

7TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Online Safety and Digital Citizenship	Video	15
Online Safety and Digital Citizenship	Cyberbullying, Digital Drama, & Hate Speech	Video	15
Artificial Intelligence	AI Chatbots & Real Connections	Practice	15

WEEK 2

Online Safety and Digital Citizenship	Online Safety 101	Video	15
Online Safety and Digital Citizenship	Common Online Threats	Video	15
Online Safety and Digital Citizenship	Common Online Threats	Practice	15

WEEK 3

Artificial Intelligence	What is Artificial Intelligence?	Video	15
Artificial Intelligence	What is Artificial Intelligence?	Practice	10
Artificial Intelligence	Using Generative AI Responsibly	Video	10



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8TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Navigating Online Threats	Video	15
Online Safety and Digital Citizenship	Avoiding Cyberbullying & Becoming an Upstander	Video	15

WEEK 2

Online Safety and Digital Citizenship	The Ad Who Knows You	Video	15
Online Safety and Digital Citizenship	Before There Was Video Editing Software	Video	15
Online Safety and Digital Citizenship	When Photo Editing Goes Too Far	Video	15

WEEK 3

Online Safety and Digital Citizenship	AI Chatbots & Real Connections	Video	15
Online Safety and Digital Citizenship	What is Artificial Intelligence?	Video	15
Online Safety and Digital Citizenship	AI Chatbots: Who's Behind the Screen?	Video	5

9TH – 12TH GRADE

WEEK 1

Online Safety and Digital Citizenship	Navigating Online Threats	Video	15
Online Safety and Digital Citizenship	Avoiding Cyberbullying & Becoming an Upstander	Video	15
Online Safety and Digital Citizenship	Chatting Safely Online	Video	4

WEEK 2

Online Safety and Digital Citizenship	Internet Usage: Ethical Use of Digital Resources	Video	15
Online Safety and Digital Citizenship	Online Communications: Online Personal Communication	Video	15
Online Safety and Digital Citizenship	Online Communication: Sharing Safely Online	Video	15

WEEK 3

Online Safety and Digital Citizenship	What is Artificial Intelligence?	Video	15
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Paquete de prevención para padres del acoso cibernético

Ayude a detener el ciberacoso antes de que comience

Octubre es el Mes de la Prevención del Acoso Escolar y es el momento perfecto para iniciar conversaciones serias con su hijo sobre la seguridad digital, la amabilidad y la responsabilidad en línea.

Hemos creado este paquete para ayudarle a apoyar a sus estudiantes, tanto para protegerlos del ciberacoso como para guiarlos a ser ciudadanos digitales respetuosos por sí mismos.

Trabajemos juntos para crear comunidades en línea más seguras y solidarias para nuestros niños.

Lista de verificación para padres para la prevención del acoso cibernético

Utilice esta sencilla lista de verificación para actuar este mes:

- ☐ **Hable sobre el acoso cibernético:** qué es, cómo se siente y qué hacer si sucede.
- ☐ **Infórmese periódicamente** sobre las experiencias en línea y el bienestar emocional de su hijo.
- ☐ **Revise la configuración de privacidad** juntos en todas las aplicaciones y dispositivos.
- ☐ **Establezca reglas familiares** claras para un comportamiento digital respetuoso.
- ☐ **Cree un espacio seguro** donde su hijo se sienta cómodo informando problemas.
- ☐ **Conozca la política de su escuela** sobre ciberacoso y cómo denunciarlo.
- ☐ **Modele un comportamiento** positivo en sus propias interacciones digitales.
- ☐ **Identifique recursos de ayuda**, como stopbullying.gov o línea de ayuda locales.

Consejos para ayudar a mantener a su estudiante a salvo del ciberacoso

1. **Mantenga los dispositivos en espacios compartidos**, cuando sea posible, especialmente para los niños más pequeños.
2. **Fomente el diálogo abierto:** deje en claro que pueden acudir a usted sin temor a ser castigados.
3. **Enséñeles cómo bloquear o denunciar** usuarios o mensajes dañinos en cada plataforma que utilicen.
4. **Recuérdelos: nunca comparta contraseñas**, ni siquiera con amigos.
5. **Esté alerta a las señales** de angustia, retraimiento o secretismo con los dispositivos, ya que podrían indicar acoso cibernético.
6. **Utilice controles parentales** o herramientas de monitoreo para estar al tanto de la actividad digital, especialmente en el caso de los niños más pequeños.

Cómo evitar que su hijo se convierta en un ciberacosador

- **Hable sobre empatía:** ayúdelos a comprender cómo sus palabras impactan a los demás en línea.
- **Establecer consecuencias** para el comportamiento digital dañino en casa.
- **Supervise el tono y el contenido** de los textos, comentarios o publicaciones de su hijo.
- **Corrija los primeros signos** de burla, exclusión o sarcasmo antes de que escale en línea.
- **Fomente la amabilidad y la responsabilidad:** Ser anónimo en línea no es excusa para ser cruel.
- **Ayúdelos a pensar críticamente:**
¿Le diría esto a alguien en la cara?
¿Estaría bien si me dijeran esto?

Lecciones de seguridad digital recomendadas

- **Cyberbullying:** The Quack Attack (Ciberacoso: El Ataque del Pato)
- **Cyberbullying:** The Imposter (Ciberacoso: El Impostor)
- **Cyberbullying:** Keeping the School Community Safe (Acoso Cibernético: Manteniendo Segura la Comunidad Escolar)
- **Digital Citizenship:** A Slippery Digital Footprint (Ciudadanía Digital: Una Huella Digital Resbaladiza)
- **Digital Citizenship:** Bean There, Done That (Ciudadanía Digital: He estado ahí y lo he hecho)

BAM!

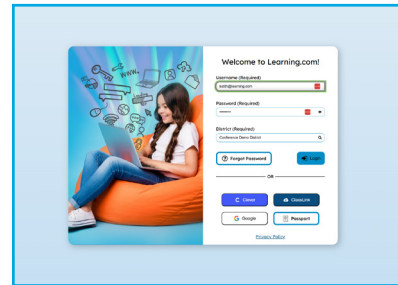
Admin Quick Start Guide

1. Setting up the class:

Sign into your account at login.learning.com using the credentials sent to you (you may find that in your spam folder). If you do not know your login credentials, contact [Customer Support](#).

Visit our [Customer Support Portal](#) for rostering and LMS integration instructions ([Clever](#), [ClassLink](#), [Canvas](#), [Google Classroom](#)). Once your rostering is complete, email support@learning.com.

Alternatively, you can use our [User Import Tool](#) if you would like to bulk upload students into classes.



2. Search for Assignments:

Check your district or school firewall settings. [Use this page as a guide](#) to ensure the courses will be accessible to teachers and students.

- Click on the **"Teacher Center"** at the top right.



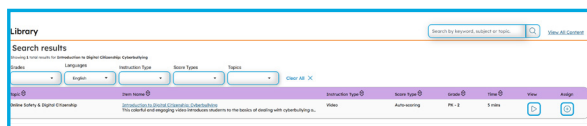
- Click on **"Library"** at the top.



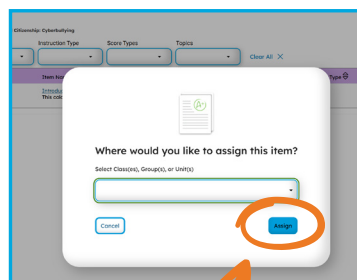
- In the **"Search"** box near the top right, type in one of the lessons you want to see. For example, type in **"Introduction to Digital Citizenship: Cyberbullying"** and press enter or select the magnifying glass.



- Then we **"Assign the Lesson"**



- On the far right of the lesson, there is an **"Assign"** button that will prompt you to assign to your class.



3. Training:

Online Training Center:

Explore all our free online courses. You can receive training when you want, go at your own pace, and re-visit as often as you like (*please log in to the platform to access the Online Training Center resources*).

- Explore the [Admin Course](#) to learn about all the functions in the Administrator Portal.
- Log in to the Online Training Center using the same credentials you use to access your Learning.com account

Join us for our upcoming
Empowering Digital Citizens:
Teaching Online Safety
with EasyTech webinar.

[October 7th Session - Register Here](#)

[October 16th Session - Register Here](#)