



**ARE YOU DIGI-FIT?**

**WOSU.ORG/DIGITALWELLNESS**

**Category:** Citizenship

**Level:** Middle School (5-8)

**Area of Focus:** Dealing with Cyberbullying

**Materials Needed:**

- Link below
- Blank Index Cards
- Markers or Crayons

**Big Idea** (What should students remember after the lesson?):

- Identify strategies for dealing with cyberbullying and ways they can be an upstander for those being bullied.

**Mini-Lesson/Content:**

- <https://www.common sense.org/education/digital-citizenship/lesson/is-it-cyberbullying>

[Common Sense lessons require a login to access it. The account is free, you can use your Google Suite account or create your own free account.]