

## CONNECTING WITH KINDNESS

### ISTE Standards:

Digital Citizen (1.2.b)  
Creative Communicator (1.6.a)  
Global Collaborator (1.7.a)

### CASEL Competency:

Social Awareness, Relationship  
Skills



## DIGITAL DRAMA

It's great to connect and communicate with friends online, but just like in the offline world, you might see people arguing or being mean to each other online. In this video, Daveed and Skylar work together to help a friend that is experiencing digital drama and cyberbullying.

In this activity, you will reflect on how you communicate with others online and think of strategies you can use to avoid digital drama, and make sure you are connecting with kindness.

### Step 1: Reflect

Think carefully about the questions below and consider how your answers connect to your own digital life.

Have you ever experienced or witnessed *drama online*? What happened? How did it make you feel? Did you tell anyone? Why or why not?

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According to Skylar, Daveed, and the teens from the video, why is it that drama can escalate online and become cyberbullying?

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What did Daveed and Skylar do to try to de-escalate the cyberbullying?

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### Step 2: Practice Responding to Cyberbullying and Online Hate

In this video, Daveed and Skylar shared tips for connecting with kindness. Complete the sentences below with strategies or actions you can take if you or someone you know is experiencing digital drama.

When I am online, I can avoid getting into digital drama by...

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If I see people fighting or arguing online, I can de-escalate the situation by taking the following steps...

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If I or someone else is experiencing cyberbullying, I can take the following steps...

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### Step 3: Share (With a Partner)

If given the option, discuss the reflection questions above and share the tips you learned with a partner or a family member. How do their answers differ from yours? What ideas for dealing with digital drama did they have that you did not?