HiTops
HEALTHY PASSAGE TO ADULTHOOD

"Everybody Hates You"

Bullying Goes Viral

Designed For: **Males and Females - Grades 7 to 12**
Parents
Teachers

The fact that kids are sometimes mean to one another has not changed. What has changed are the social media tools that they are using In the past five years, the number of 10-17 year olds who have reported being victims or perpetrators of on-line harassment has doubled. One study showed that 18% (1 in 5-6) of students in grades 6-8 said they had been cyberbullied at least once in the past couple of months and 11% (1 in 9) said they had cyberbullied another person. Girls are twice as likely as boys to be cyberbullies and twice as likely to be victims.

"Everybody Hates You" is a workshop that was designed for middle school students and can be adapted for older students, parents and teachers. Participants discuss the types of cyberbullying and what can be done to help it stop. The value and risks of social networking sites are explored and participants learn how youth and parents can work together to make these sites as safe as possible. Legal ramifications of sending messages and photos via internet and cell phone are also discussed.

Our goals are to help participants:

- Increase empathy for victims of bullying and a desire to help make it stop
- Identify the types of cyberbullying that are being used
- Name three things that victims can do to help stop the bullying
- Learn how to apply safety settings to social networking sites
- Apply problem-solving skills to deal with physical and emotional meanness in hypothetical scenarios

Average Length of Program: **60 - 90 minutes**

Recommended Number of Participants: **10 - 30**

Cost of Program: **Contact Us**

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