

# St. Gabriel the Archangel Catholic Parish

High School Level Safe Environment Lesson 2025-26

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## Cyberbullying & Sexting

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Components:

1. Large Group learning session
2. Small Group discussion session
3. Large Group recap and prayer

### I. LARGE GROUP LEARNING

1. “Safe Environment” isn’t only about church and other in-person settings. It’s also about online and virtual environments we find ourselves in.

2. Cyberbullying

**Cyberbullying Video 1** <https://www.youtube.com/watch?v=qA1TJjgdz8>

What is cyberbullying?

What is a good response to being cyberbullied?

**Cyberbullying Video 2** [https://www.youtube.com/watch?v=bW\\_Dg4588E](https://www.youtube.com/watch?v=bW_Dg4588E)

What does prosecutable mean? It’s a crime

Says who? The state, the school district, Christian ethics and morals

What is a background check?

What is a HIB law? Law against “Hostile and Intimidating Behavior”

Review Cyberbullying Laws in Wisconsin (pdf)

Review NJSD and SMCS bullying policies (pdf)

**Cyberbullying Video 3** <https://www.youtube.com/watch?v=NhqrRVQ83k4>

Recap: What is a good response to being cyberbullied?

3. Sextortion is a form of cyberbullying, which begins with sexting

**Sexting Videos 1 & 2** <https://www.youtube.com/watch?v=SuBxI5OGdlw>

[https://www.youtube.com/watch?v=uFKAFo\\_etkE](https://www.youtube.com/watch?v=uFKAFo_etkE)

What is sexting?

Why might someone engage in sexting?

What are the problems and dangers of sexting?

Caution: A quick internet search for “sexting” gives a ton of “positive” twists to sexting

Sexting opens a person up to sextortion—a form of cyberbullying

**Sextortion Video 1** <https://www.youtube.com/watch?v=WsYOKYeYG38>

What is sextortion?

How do we prevent sextortion? Don’t sext.

Handout: Tips to Preventing Teen Sexting

**Sextortion Videos 2 & 3** [https://www.youtube.com/watch?v=gm\\_gy4EcHyw&t](https://www.youtube.com/watch?v=gm_gy4EcHyw&t)

What are some ways to stop a sextortion scheme?

Why might it be difficult for a victim to report the crime?

#### 4. The Importance of Healthy Relationships in the face of cyberbullying, sexting, etc.

**NOTE:** Parents, other trusted adults, and even the clergy, *have all been teenagers*. Even though they're older than you, they can nonetheless relate to what it's like to be an adolescent. They themselves have done embarrassing things or not made the best choices when they were teens. And so, if you're in trouble or distress—even if it's totally embarrassing and humiliating—“be not afraid” to tell an adult. The adult's first instinct will always be to help and protect you. ALWAYS. No mistake or problem is insurmountable when we go to a trusted adult—not your peers (who will also likely be afraid for you). Go to an ADULT, whose first reaction to a troubled youth is to protect and defend them. QUESTION: Who is at least one adult in your life right now whom you trust enough to go to when you're in trouble and are afraid?

#### 5. 7-Minute Break, then reconvene in small groups

## II. SMALL GROUP DISCUSSION

### 1. Questions for Group Discussion

1. What effects can cyberbullying have on the victim? Do you know anyone who has been bullied online? (no names, please)
2. How is cyberbullying different from other forms of bullying? Why do you think some people bully others online rather than face-to-face?
3. What is the best way to take away a bully's power? What are some less effective ways to react to cyberbullying (or bullying in general)?
4. How does it make you feel when you see someone else being bullied? What do you feel toward the bully?
5. Sextortionists take advantage of their victims' fears of being embarrassed or terrified at having nude images shared with friends and family. How do you think that a victim might overcome their fears and tell another trusted person what's going on? Have you ever had to tell someone something really embarrassing, but after you did, things got set on a good path again?

### 2. Cyberbullying Scenarios handout and discussion

As a group, consider each scenario and discuss how you would've reacted. The same? Differently? Why?

### 3. Cyberbullying Quiz

After students have taken the quiz, they can bring them to the Large Group Recap, where the answers will be reviewed.

### 4. 5-Minute Break, then reconvene in large group.

### III. LARGE GROUP RECAP & PRAYER

1. Review answers to Cyberbullying quiz
2. Any thoughts from the cyberbullying scenarios handout?
3. Recap
  - Bullying and cyberbullying is a violation of the inherent dignity of the human person
    - No one “deserves” to be bullied; rather, everyone “deserves” to be respected as a human being and, especially in the Church, as a son or daughter of God
  - It’s natural (and good) for youth to want to become more independent from parents and other adults
    - But, remember that parents and other adults are there to “apprentice” youth into healthy adulthood. They are rich resources of wisdom, practical advice, safety, and protection. Rely on them if you get into a bind.
  - Bullying and cyberbullying can be a criminal act. The victim is truly a victim.
4. Resources
  - Take a minute to write in your notes the names of 1 or 2 trusted adults (including parents) who you can go to when you’re in serious need.
  - If you can’t think of an adult you’d be comfortable bringing your serious needs to, please pay attention to that and have someone in your mind (other than a peer) who can serve as a resource for you, in case you ever need it (e.g., older siblings in college, parents, sponsors, clergy, coaches, teachers, neighbors, school counselors, and so on.)
  - **[stopbullying.gov](http://stopbullying.gov)**
  - **[nationalchildrensalliance.org/cyberbullying](http://nationalchildrensalliance.org/cyberbullying)**
  - **[gbdioc.org/protect-and-report/safe-environment](http://gbdioc.org/protect-and-report/safe-environment)**
5. Closing Prayer