



🗨️ SUGGESTED GRADES

Middle and High School

🗨️ INTERNET SAFETY

ISSUES

Cyberbullying
Social media

🗨️ VIDEO SYNOPSIS

Two teen girls, Lily and Gabriela, have been having some trouble getting along. Gabriela is best friends with Lily's boyfriend and it's causing tension between the two. Their guidance counselor, Mr. Watson, gives them some suggestions about how to stay calm and resolve their conflict. Lily and Gabriela make different decisions that lead them down two very different paths. One decision leads to common ground. The other leads to digital drama.

🗨️ DISCUSSION QUESTIONS

1. Why were Lily and Gabriela having a hard time getting along?

Gabriela is best friends with Lily's boyfriend. Lily thinks Gabriela spends too much time with him. She may be feeling jealous of his time and want more of his attention. Gabriela thinks Lily is being paranoid. She may be feeling left out and want to keep her friend as close as possible.

It's not easy balancing new relationships with old friendships. These conflicts may be especially difficult to deal with when they happen online. Sometimes the things you post online may be perceived as instigating a fight, whether you meant to or not.

2. What are some things Mr. Watson advised them to do?

Mr. Watson advised the girls to take a break when they're angry. It's easier to say things you'll regret later when you're mad. Taking a break or calling a friend can help calm you down and keep the situation from escalating.

He also advised the girls to talk to each other and try to see things from the other person's point of view. Sometimes drama happens over misunderstandings. It's better to talk things out so you can solve the problem faster. Don't assume you know how the other person is feeling or where they're coming from. Ask them and talk it out!

3. How did Lily and Gabriela's decisions affect the outcome of the story on each side of the screen?

On the left side of the screen, Lily stayed calm. She took a break and called a friend before responding to a video that upset her. Later in the hall, she didn't get angry or cause a scene over an embarrassing picture. She asked Gabriela nicely to remove it. This led to more positive interactions. Eventually, they were able to be friendly and spend time together without drama.

On the right side of the screen, Lily immediately lashed out with mean messages when she saw a video that upset her. She got more and more aggravated, leading her to say some pretty harsh things. Later in the hall, she angrily confronted Lily over an embarrassing picture. Gabriela, feeling attacked by the online messages and hallway drama, responds with attitude, refusing to take the picture down. Eventually, this leads to gossip by Gabriela's friends online and a major fight in the library.

4. Why do some people choose to insult each other and fight online?

They might not like the other person and are looking to hurt them. Some people lash out when they're angry and don't think through what they're posting. Others may be trying to get revenge on people they think have hurt them or wronged them somehow. Some online fights start because of misunderstandings or gossip and spiral out of control.

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DISCUSSION QUESTIONS (CONT.)

5. How can you help your friends avoid digital drama?

Refuse to engage in the drama. Don't spread rumors or gossip online, and don't respond if you receive mean messages. Encourage your friends to text or call you when they're angry. Listen to them and help calm them down. Tell them not to post anything they might regret later. If a situation gets out of control, talk to an adult you trust. This could be a parent, older sibling, teacher, coach, or guidance counselor. Sometimes adults may need to step in to protect everyone involved and help resolve the situation.

EXTENSION ACTIVITIES

- » Break students into pairs and have them practice one of the conflict resolution skills seen in the video. Ask one student to pretend they saw something online that upset them. Have the other calm him/her down and offer advice on what to do next
- » Encourage students to go home and review some of the things they've posted online. Can any of the messages, pictures, or videos be misunderstood and cause digital drama? If so, consider removing or editing the post, or apologizing to anyone who may have been hurt by it.

RELATED RESOURCES

- » "Split Decisions" Middle School Activity Card
- » "Split Decisions" High School Activity Card
- » "Tips for Teens" Tip Sheet
- » Teen Internet Safety Presentation

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