



WE Rise Above

Worksheets

Rise above cyberbullying.

Students who
experience bullying
say that help from a peer
is more effective
than help from
a teacher.



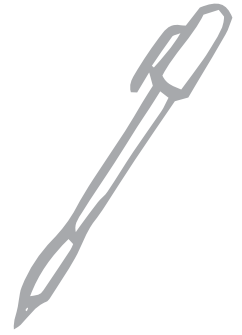
Learn more about the issues at [WE.org/exploringissues](https://www.weriseabove.org/exploringissues).
Learn how to take action at [WE.org/weriseabove](https://www.weriseabove.org).

#WEriseAbove

Step 1: *Investigate and Learn*

Below, write down any anti-cyberbullying initiatives that exist in your school or local community.

Talk to your friends, siblings or teachers for suggestions. If you need help, go online to do more research!



Now, go through the Exploring Issues activity with your group to learn more about cyberbullying.

When you are finished, discuss with your peers their experiences with cyberbullying. Have they ever been bullied online? Have they ever found themselves cyberbullying somebody else?

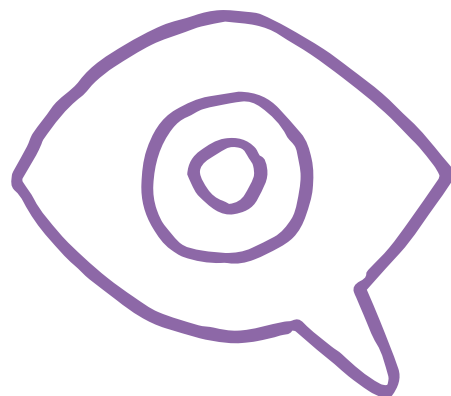
What are some safety tips for socialising online? How can you and your peers choose kindness when interacting with each other online? Draw or write your ideas below!

Set Your Goal

Now that you're armed with more information, you're ready to set your goal!

Raise awareness about the anti-cyberbullying initiatives that you have discovered in your community.

Encourage your friends, classmates and school community to join the cause by sharing cyberbullying facts on social media. Consider advocating against cyberbullying by sharing your research in a presentation to your school, so students know where to turn for help.



How many people do you want to get involved with this campaign?

How many social media posts do you want to share during the campaign?

When will you hold your WE Rise Above campaign?

In addition to rallying your school together to rise above cyberbullying, encourage students to spread kindness through their everyday words and actions!

Challenge students to compliment someone on the day of the event or reach out to someone on social media with words of kindness and encouragement!

Step 2: *Action Plan*

You've set your goal—now you need to make it happen!

To make sure you have a successful campaign, you need to let people know when and why you are raising awareness about cyberbullying. Use the space below to assign tasks to group members for spreading awareness about your campaign.

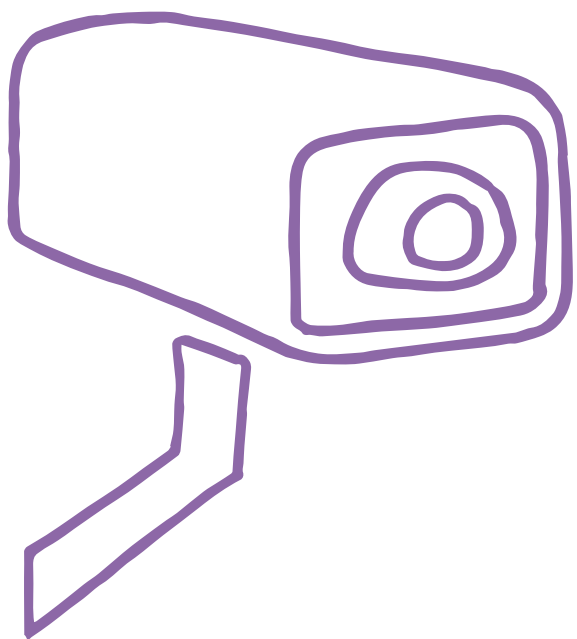
Task	Group Member Responsible
<ul style="list-style-type: none"> • School announcements • Social media posts • • • • • • 	

Use this weekly planner to organise when you will post your cyberbullying facts on social media!

Remember to try to post at times when people are most likely to be online so that you can create greater impact.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Morning							
Afternoon							
Evening							

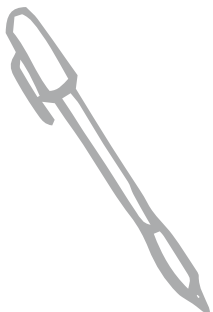
Step 3: *Take Action*



Reflect

What were some things you learned about advocating against cyberbullying in your school or community that you did not know before?

Tell us some ways you learned to stand up for yourself and others online!



Step 4: Report and Celebrate

Report

- ▶ How many people did you reach through awareness-raising?

- ▶ What tips did you come up with as a group to prevent cyberbullying?

- ▶ How many people were involved in your campaign?

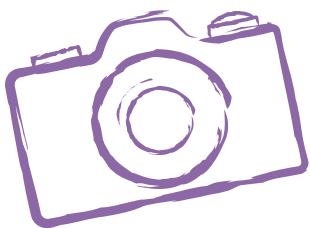
- ▶ What challenges did you face when carrying out your plans?

- ▶ Has your teacher contacted your WE Schools Programme Manager about filling out an Impact Survey? ☐ Yes / ☐ No



Celebrate!

It's important to celebrate and share the success and impact of your campaign, and to reward yourselves for all your hard work.



- ▶ Share photos of your actions with your school, community and WE Schools Programme Manager.
- ▶ Record the highlights of your event day and create a video.
- ▶ Celebrate impacts through a class party, assembly or WE DayX.



Share your success with WE Rise Above by posting photos to social media using [#WEriseAbove](#).