



**Grades  
4-6**



# Junior Grades Lesson 1 Handout

**Cyber Respect & Online Kindness**

**Complete the following KWL Chart (*Know, Want and Learned* chart)**

What do I Know?	What do I Want to Know?	What have I Learned?

## Online Kindness

<b>Looks Like</b>	<i>Write a post that represents online kindness</i>
<b>Feels Like</b>	<i>How must it feel to experience online kindness?</i>
<b>Does not Feel Like</b>	<i>What feeling might someone have if they experience cyberbullying?</i>

**The Golden Rule for Internet Use: Treat others the way you'd like to be treated.**

Be an “upstander,” not a “bystander”

**Upstander:**

Someone who speaks up for and/or acts in support of someone in need.

**Bystander:**

Someone who knows about or sees something hurtful happening, but chooses to not get involved.

**Why might a student not feel comfortable being an Upstander?**



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## Kids Help Phone:

Contact by text message at 686868 or by phone at 1-800-668-6868 from across Canada, 24 hours a day, 7 days a week; or access their resources online: [kidshelpphone.ca](https://kidshelpphone.ca)

