

5-Point Scale (Cyberbullying)

How I Feel

What I Can Try to Do

5	I feel out of control. I start to cry.	People won't stop being mean online. I ask an adult for help. I can count backwards from 10. I may have to get off the computer and take a walk.
4	I am starting to get really mad. My jaw feels tight.	I tell an adult about my friends and their continued unkind words. I ask an adult to help me know how to participate online and stay calm. I can chew gum to make my jaw feel better.
3	I am starting to worry. My hands are feeling sweaty.	People are being mean to each other online. I tell my friends that we need to get off this app and do something else. I can use my theraputty to calm my nerves.
2	I am feeling sad.	One of my friends said unkind words to another friend. I tell them to stop saying unkind words. I can stay online but I may need to take some deep breaths.
1	I feel good. I feel calm.	I can stay online.