

ARE YOU OKAY?

OVERVIEW:

The short film "Are You Okay?" by Wonder Media is a compelling animation that tackles the critical issues of bullying and cyberbullying among teenagers. The narrative centers on Raquelle, a 15 year-old girl who witnesses her classmate being bullied at school. This part of the story helps us understand how bullying affects people and how friends can support each other.



PART ONE- Addressing Cyberbullying



ISSUES TACKLED In this part:

- Social Pressures
- Bullying and Cyberbullying
- Living with depression and mental illness
- Rebuilding after experiencing trauma
- Social Isolation & Bystander Effect

Raquelle, a 15 year-old girl, witnesses her classmate Noah being bullied. She knows she needs to do something and bravely steps in emphasizing the importance of reaching out and supporting others. No one should face these challenges alone.



Thought Questions:

If you saw someone being bullied like Raquelle did, what are some ways you could step in to help? What might be some challenges you could face when trying to help someone?



Discussion Questions:

Why do you think some people bully others? What can we do as a community to reduce bullying and create a more supportive environment for everyone?

Resources:

- Crisis Text Line: 741741
- NAMI.org
- 24/7 National Suicide Hotline: 988
- ParentGuidance.org



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PART ONE

ADDRESSING CYBERBULLYING

Journal Entry:

Have you ever felt like you couldn't talk about your problems with others? Think about someone you care about who might be struggling. Write down some ways you can support them, just like Raquelle tried to help Noah.

Social Media Impact Group Activity:

Divide students into small groups and provide them with chart paper or a whiteboard. Each group will create two columns—one for positive effects of social media and one for negative effects. They can brainstorm and list various ways social media impacts their lives, encouraging discussion on their personal experiences. Afterward, groups can present their charts to the class. The goal is to foster a broader conversation about how to navigate social media mindfully.

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Family Engagement:

It can be hard for kids to open up about being bullied, and it can also be challenging for parents to know what to do when their child is bullied.

To help, families can practice important responses to bullying through role-playing scenarios. Family members can take on different roles to learn how to respond assertively to a bully, report bullying incidents to an adult, and support a friend who is being bullied. A great time to do this is at dinner or during a car ride to school.

Together, families can create a Family Action Plan for handling bullying. This plan should outline the steps to take if someone is bullied, identify resources for support (such as school counselors, teachers, and parents), and establish regular family check-ins to discuss feelings and experiences.

This approach equips everyone in your family with the necessary tools to navigate bullying effectively.



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PART TWO - Supporting a Classmate



ISSUES TACKLED In this part:

- Social Pressures
- Bullying and Cyberbullying
- Living with depression and mental illness
- Rebuilding after experiencing trauma
- Social Isolation & Bystander Effect

Raquelle's act of kindness comes with a price; she soon becomes the new target of the bullies herself. Part two of the short delves into the emotional struggles that both Raquelle and Noah face, highlighting the profound impact of bullying on mental health. It emphasizes the importance of reaching out for help and supporting those who are in crisis. In a world filled with overwhelming social pressures, particularly from social media, the short reinforces that no one should face these challenges alone and we all to work to lift each other up!

Thought Questions:

The short highlights the importance of empathy. Can you think of a time when someone showed kindness toward you? Now, consider a time when you showed kindness to someone who was struggling? Consider how both instances had an effect on you.

Discussion Question:

Raquelle becomes a target after trying to help Noah. What do you think is the role of bystanders in bullying situations? How can they make a positive impact? Discuss as a group.

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PART TWO -

Supporting a Classmate

Journal Entry:

Raquelle tries to stand up for Noah but ends up needing support herself. When you need support, who can you turn to? Make a list of people who can support you in times of need. Then, write about why it's important to have a support system that you can rely on when things get tough.

Empathy Map Group Activity:

Create an empathy map where students reflect on how someone who is bullied or targeted might feel, think, or react in different situations. Divide the map into sections like “What they feel,” “What they say,” and “What they need.” After completing this as a group or individually, students can discuss ways to offer support and create a kinder environment. This activity fosters emotional understanding similar to the emotional understanding that Raquelle and North experienced.

Family Engagement:

Create a Family Kindness Calendar Design a calendar where each day has a small act of kindness that each family member must complete. These acts can be as simple as complimenting someone, helping a neighbor, or sending a positive text to a friend. By focusing on kindness daily, the family builds a strong foundation of empathy and positive behavior, reducing the likelihood of bullying.

Use this opportunity to explain the bystander effect—when people witness bullying or harmful behavior but don't step in, assuming someone else will act. Highlight that kindness and standing up for others can help break this cycle.



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