

# Let's RAP about Cyber Bullying: Tips for Parents and Students

In this episode, Darren Bohmann and Dean Rutten will discuss cyberbullying and the impact it has on our students. The conversation explores different tactics that are used when students are the target of cyberbullying and provide some tips on how caregivers can support children.

## Bio

Darren Bohmann has been a teacher for GSCS for the past 28 years. Darren has enjoyed many placements and roles within the division. In 2008, Darren had the opportunity to join the Restorative Action Program. This opportunity allowed him to further his education in the area of conflict resolution and obtain a Qualified Mediator status. Presently, Darren is the Restorative Action Facilitator at Bethlehem Catholic High School.

Dean Rutten has been employed as a teacher in GSCS for the past 26 years. Dean has taught at Bishop Roberecki School, Georges Vanier Catholic Fine Arts School, and E.D. Feehan Catholic High School. In 2008, Dean pursued Mediation and Conflict Resolution training and started a Restorative Action Program (RAP) at E. D. Feehan Catholic High School. Since 2008, Dean has worked as a RAP Facilitator at Bishop James Mahoney High School, and currently supports Holy Cross High School and St. Joseph High School.

## Key Elements

This podcast will define cyberbullying. We will try to help distinguish the difference between a conflict and bullying behavior. We will suggest signs to look for if you think your child is being targeted. We will also suggest ways caregivers can help.

## Other Key Elements

The Restorative Action Program is introduced in this podcast. In partnership with schools and community partners, the Restorative Action Program works with youth to develop and practice conflict management, relationship management, and leadership skills. Issues affecting youth such as cyberbullying are transformed into opportunities for learning, growth, change, and resolution.



## Links to Related Resources

[www.rapsaskatoon.org](http://www.rapsaskatoon.org)

[rap.yxe](https://www.instagram.com/rap.yxe) (Instagram)

Media Smarts: Digital Citizenship Guide for Parents  
<https://mediasmarts.ca/parents/digital-citizenship-guide-parents>

Common Sense Media: Digital Citizenship Resources for Family Engagement  
Parent's Tips & FAQ's :  
<https://www.common Sense Media.org/>