

“Ella’s Message”

Ella was **excited** to start sixth grade. She had **recently** joined a popular **social media** app where her friends shared photos, stories, and funny videos. She loved seeing what everyone was up to, and it made her feel **connected**. But soon, Ella's **excitement** faded.

One evening, Ella got a message from an **anonymous account**. It was a mean **comment** about her **recent** photo, calling her “weird” and saying that no one liked her new **haircut**. Ella felt her **stomach** drop. She had been proud of her new look, but now she doubted herself. She tried to ignore the message, hoping it would stop.

The next day at school, she **noticed** a few people **snickering** and whispering when she passed by. Later, another message popped up, this time with a link to a video someone had made, **calling** her “Ella the Weirdo.” It was just a few **seconds** long, but it hurt even more. She felt alone, and her **self-confidence** was slipping away.

Ella didn’t know what to do, so she spoke to her older sister, Lily. Lily listened and told her, “You don’t have to face this alone. This isn’t okay.” They went together to talk to their mom and their mom told Ella to talk to her teacher. Ella went to school the next day and went to talk to her **computer teacher**, Ms. Bartlett. Ms. Bartlett took it seriously and assured Ella that she did the right thing by **reaching** out.

Ms. Bartlett gave a talk to the class about **cyberbullying**, without naming Ella, and reminded everyone how important it is to be **kind** and **respectful** online. She also explained that hurtful messages could be reported and that there are ways to keep **social media safe**.

Over time, with the **support** of her family and friends, Ella regained her **confidence**. She learned that even though **cyberbullying** can be painful, it’s important to reach out for help and not let others define her.

Questions

1. How did Ella feel when she first joined the social media app, and why?

2. **What was the first mean message Ella received? How did it affect her feelings about her appearance?**

3. **How did Ella's classmates treat her the next day at school? How did this add to her feelings?**

4. **Who did Ella turn to for help when the messages started to make her feel bad?**

5. **What advice did Lily give to Ella? Why was this advice important?**

6. **How did Ms. Bartlett, Ella's teacher, respond to the situation?**

7. **What did Ms. Bartlett teach the class about cyberbullying? Why do you think this was helpful?**

8. **In what ways did Ella's family and friends help her regain her confidence?**

9. What lesson did Ella learn about cyberbullying and asking for help?

10. Why is it important to speak to trusted adults if you experience or witness cyberbullying?