Lesson Plan
Cyberbullying

Overview

A lesson to help children identify what cyberbullying is, what we can do about it and how to report it.

The five dimensions of learning about online safety are:

- *Values, rights and responsibilities*
- *Wellbeing*
- *Respectful relationships*
- *Digital media literacy*
- *Informed and safe use of information and devices.*

Learning Intention

To be able to identify what cyberbullying is and know some things they can do about it.

Curriculum Links

ACPPS053/ACPPS054/
ACPPS055/ACPPS056/
ACPPS058/ACPMP064/
ACTDIP022/

Resources needed

Animated Tutorial - 'Cyberbullying- What is it? LINK
ePoster – DiGii-Know (Cyberbullying) LINK

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Overview

1. **Ask:** What is cyber bullying?

    (Cyberbullying can include the following)

    *   Sending/sharing nasty, hurtful or abusive messages or emails

    *   Humiliating others by posting/sharing embarrassing videos or images

    *   Spreading rumours or lies online

    *   Setting up fake online profiles

    *   Excluding others online

    *   Repeated harassment and threatening messages

2. **Watch** the animation: 'Cyberbullying- What is it?'

3. **Display** posters 'I agree', 'I disagree' or 'I need more information' around the classroom.

4. **Read** the following statements about the effects of cyberbullying and ask the children to move to the poster that best expresses their response. Some of the statements will require further discussion based on responses and how the children react. Detailed discussion tips and starters have been included for the first 5 examples included below to assist with shaping the class discussion of their choices.

5. **Reassure** children that they might answer differently from their friends, or the majority, and that it's up to them to make their own decisions.

Statements (first five expanded content)

Someone who is being cyberbullied can lose their appetite and have trouble concentrating on other things.

'I agree'- top response.
> **Discussion points:** ask children to brainstorm other physical and emotional responses someone might have if they are being cyberbullied.
> **Examples:** difficulty sleeping. Feeling worried. Wanting to be online more often to check what's going on. Being more easily irritated or upset.

'I disagree' - Ask why the student disagrees.
'I need more information'
> **Discussion points:** Identify that cyberbullying is complex and everyone responds in different ways. Losing your appetite and having trouble concentrating might be due to getting sick or other factors.

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Someone who is cyberbullied usually gets over it quickly.

'I disagree'- *top response*

> **Discussion points**: *Cyberbullying has long lasting effects. Be curious and explore the factors that might make cyberbullying very stressful and damaging for a longer period of time, and what would help to reduce the impact of cyberbullying. <u>Examples</u>: making it worse and last longer: has been bullied before, doesn't feel heard, believed or supported, doesn't have a strong support network. Making it better and less impactful over time: getting help from the right people, being believed, having a strong support network, learning skills to combat cyberbullying the next time it happens.*

'I agree' - Ask why the student agrees.

'I need more information'

> **Discussion points:** Acknowledge that everyone is different and something that one person finds difficult is not the same for everyone. It's important to stress the HUGE impact of cyberbullying to continue to build cyber-empathy in young people who might otherwise engage in this behaviour online.

Being cyberbullied can have an impact on lots of your relationships- even with your friends and family.

'I Agree'- Top response

> **Discussion Points**: *Yes, it can cause people to feel shame and embarrassment which can lead to the person withdrawing from friends and family. The person being cyberbullied may become secretive, they might try to avoid going to school or other places where they have to socialise, they might be more irritable and friends and family may not understand why if they don't know that the cyberbullying is happening.*

'I disagree' - Ask why the student disagrees.

'I need more information'

> **Discussion Points:** Acknowledge that everyone is different and won't react to things in the same way, however, it is important to emphasise the seriousness of cyberbullying and that it is very likely that relationships with friends and family can suffer as a result.

Saying mean things to people online is ok if you are kidding around

'I disagree'- Top Response

> **Discussion points**: *Does the other person know for sure that it's a joke? Saying something online can often be taken the wrong way as you don't have other clues such as body language and tone to know how it is being said.*

'I agree' - Ask why the student agrees.

'I need more information'

> **Discussion points:** Ask the child what further information they would need? Does it depend on who you are talking to? Are you certain that some of your friends would be aware that you were joking? Have you considered how other people who are not 'in' the joke might perceive your interaction? We need to think about our digital reputations and consider what we put out online to be permanent.

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If you see someone else being bullied online there isn't really much you can do about it.

'I disagree' - Top response

> **Discussion points:** What could you do if you witness cyberbullying? (You can report it using the report function if it's on social media or a gaming app. You can call the behaviour out online and let the person know that it's not acceptable. You can take screenshots and speak to an adult that you trust about it. You could message the person being subjected to the cyberbullying privately to let them know that you have seen what's happening and offer them your support.)

'I agree' - Ask why the student agrees.

'I need more information'

> **Discussion points:** What other information do you think you need? What barriers do you feel like you would face? Explain to the children that you can help without having to get involved directly- you can report anonymously online for example or pass the information onto a trusted adult.

It's a good idea to take screenshots if you are being bullied online. (*Definitely- this is called collecting evidence which you might need to show to a parent, a teacher at school or even the police*).

It's weak to ask for help. (*It is a sign of strength to ask for help, not weakness and there are plenty of people that will want to be there to support you and put a stop to the bullying.*)

I know who I could ask for help if I was being bullied online. (*You should start with a trusted adult- someone at home, someone in your extended family or at school- maybe a teacher or a sports coach. Kids Help Line also offers free and confidential advice. A quick Google search will also find any other organisations that offer support in your area.*)

Telling someone who is cyberbullying that their behaviour is not ok is a strategy I could use. (*This is a good place to start as maybe the bully really isn't aware of the upset that they are causing.*)

It's important to report cyberbullying to the platform it's happening on. (*It's so important to report so that nasty comments can be removed. The offending person may even be blocked from the site if they have repeated this behaviour. If you don't report it, it's hard for the platform to know that it's there- so use that report function.*)

I know how to use the report function online. (*There is usually a little button that says 'report' that you need to click on. Ask the children if they have seen it before.*)

Collecting evidence is only important if you want to go to the police. (*This is not the case, evidence you collect might be needed to show your school, to show your parents and in worst case scenarios as evidence for the police. Collecting evidence can help to protect your digital reputation*).

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If I see someone being bullied online, I can report it anonymously if I'm worried about getting caught up in it myself. *(This is an option on any social account or gaming app so you can feel confident to stand against bullying, even if you don't feel brave enough to call the person out on the behaviour themselves. Why might we not want to say something directly? Examples: child might be worried about the becoming the target of the bullying, they might not know what to say, they may not know the people involved, etc.)*

Purposefully excluding someone online can be cyberbullying. *(Yes, making a conscious choice to leave someone out of a game or conversation online is a form of cyberbullying.)*

Setting up a fake profile and spreading rumours about someone is not classed as cyberbullying. *(This is definitely cyberbullying, and it is not ok. Spreading rumours about someone can cause a lot of harm.)*

If you get bullied online, you probably did something to deserve it. *(Absolutely not. No form of bullying is ever ok and there are people to support you.)*

You can block someone online if they are rude to you, then you don't need to see their posts anymore. *(Yes, that's true. It is a good idea to take screenshots before you block so that you can collect evidence of the cyberbullying that's been happening.)*

Reporting cyberbullying helps to protect others. *(Yes, absolutely. Cyberbullying is a global problem. Reporting it when you see it means you are doing your part to help stamp it out.)*

If your friend is getting bullied online but they say they can handle it and don't need any help you should respect their wishes. *(This is a tricky one isn't it? We don't want to go behind our friend's back, but we also don't want things to get out of control. If you see a change in your friend's behaviour-if they are sad or withdrawn or you notice any other changes in them, it might be time to confide in a trusted adult.)*

If you bully someone online, you could be breaking the law. *(Yes. Harassment laws in place can mean that you could be doing something illegal.)*