DiGii @ School

Lesson Resource

Stop Cyberbullying Day

Years 1-2

DiGii • SAFE

DiGii • CIVIL

DiGii • SAVVY

digiisocial.com

Hi – and welcome.

Perhaps you've used a DiGii@School resource before – or maybe this is your first time. Either way, we hope you enjoy teaching the lesson plan we've created. As with all our resources, content is developed by people who know children – who've worked with them, raised them and studied their developmental needs.

Our special lesson plans give you a peek into Australia's favourite cyber safeguarding and digital wellbeing curriculum-aligned resource. DiGii@School is a whole of school curriculum that teaches the foundation, emerging and real-time skills that help all children to learn protective and proactive behaviours that will see them flourish both online and off.

In our rapidly changing world, the digital lives of children and their parents end up in classrooms and playgrounds as often challenging and always time-consuming attitudes and behaviours. At DiGii we're all about acknowledging that there is no separating children from devices, and that devices supplied with a 'for education' purpose often end up with a 'for entertainment' outcome.

We invite you to **TAKE A LOOK** and think about updating your cyber safeguarding, protective behaviours, and social and emotional learning solution to DiGii@School.

Claire Orange
CEO and Founder

Rosanna Blake
Education & Content Manager

Stop Cyberbullying Day

"Stop Cyberbullying Day is a global day of unity and action to bring people from all around the world together to promote a truly diverse and inclusive internet. 60% of internet users have witnessed or been targeted with bullying, harassment, or abuse. We must act now to ensure that everybody has equal opportunity to embrace technology and be able to learn, communicate and express themselves confidently without fear. Join the movement and get involved on **Friday 16th June**." Stopcyberbullyingday.org

We think it is crucial to support children to develop the skills they need to be safe, civil and savvy digital citizens. Cyberbullying is a prevalent and damaging aspect of the online world. We want to educate children about how they can get help if they're experiencing cyberbullying, as well as how they can help their peers, and be an upstander rather than a bystander.

Stop Cyberbullying Day Lesson Plans

We know that you will enjoy this complimentary Lesson Plan for your students. We're hoping that your school community are all participating so that all students can learn about the importance of making sure that the internet is a safe space for everyone.

Year 1 & 2 – #bekind – Our words matter.
Year 3 & 4 – #bekindonline– We have the tools.
Year 5 & 6 – #bekindonline– Let's build a better internet.

HOW TO USE THIS STOP CYBERBULLYING DAY RESOURCE:

Each year group has a fully resourced lesson plan with relevant activity resources provided.
Lesson Plan – lesson plans are easy to follow and can be adapted to suit your class.
Display Resource – display resources are provided with slide numbers indicated on the lesson plan so that you can easily follow it.
Activity Resources – print to use during the lesson. Indication will be given in the section below if there is any preparation needed ahead of the lesson.

RESOURCES:

- **Display slides**
- **Resource 1- Hearts to cut out (one for the teacher and one per student)**
- **Resource 2- Our words matter display text- letters for students to decorate for display**

SECTION: 1	**FOCUS**: DiGii Watch	**TITLE**: Words and your heart
Display slide 2	• "Sticks and stones may break my bones, but words can never hurt me". • Ask the children to raise their hand if they have ever heard that saying before. • Ask the children to leave their hands up if they think that the saying is true. • Reflect on the children's responses. • Ask why they do or don't believe this to be true. • Explain that words can be very hurtful and if someone says something mean or hurtful to you those words can be hard to forget and might make you feel very sad. So even though words can't hurt us physically, they can still cause people pain.	
Display slide 4	• Watch the story- Words and Your Heart https://www.youtube.com/watch?v=HjZ-3MDwDlM • Pause the story at times as appropriate and reflect on different parts: • Do you think the words that go into your ears can affect your heart? • Which words can make you happy and make you want to sing? • Have you ever heard words that make you feel like crying? • Do you think words can pierce someone's heart? • Show the children a cut out heart (Resource 1). Show them that the heart is nice and smooth. Tell the children that when people hear unkind words, it can cause their heart to wrinkle up. Demonstrate folding the heart in half and then straighten it out again. Ask the children what they notice about the heart now? Even though we have tried to smooth it back out, the marks of the unkind words are still there. If people hear lots of unkind words, it can cause lots of wrinkles on their heart.	

Ask	• Do you think our words are amazing and powerful? • Which words can make us feel strong? • Brainstorm children's ideas.

SECTION: 2	**FOCUS**: DiGii Make	**TITLE**: Our words matter
Display slide 6 Display slide 7	• The words that we say matter. Words are very powerful. • People hear words and see words written down on the internet too. • Do you think words people read can be hurtful too? • Sometimes people on the internet can write mean, unkind and hurtful words about other people. This can hurt their feelings and cause them pain. • When someone uses technology like a phone or a tablet to say unkind things to people again and again, we call that cyberbullying. Today is a special day that's all about putting a stop to cyberbullying and making sure that everyone can feel safe and happy when they're playing online. • We can all do something to help because our words matter. • What do you think we can do? • We can tell someone to stop if they are saying unkind words to us, to someone else or about someone else. • We can tell a grown up if someone is saying unkind words about us or someone else. • We can report it to the platform we are playing on if someone is using unkind words. • We can block someone so that they can't contact us if they are sending unkind messages. • We can make sure that we don't join in with using mean words to or about someone.	
	• Using Resource 2- Our Words Matter- split the children into groups and give each group a letter or two to decorate. They can use scrunched up paper to stick onto the letters or use colouring pens/pencils to decorate each letter if preferred. • Give each child a heart to cut out (Resource 1) and ask them to write some positive or kind words. They can write a kind message or draw a picture to reflect their message.	

	• Create a display board with the title Our Words Matter and the children's hearts with messages around it. • We would love it if you could send us a photo of the display or tag us in a post on social media- let's really spread the message of kindness and put a stop to Cyberbullying.

DiGii@School

Australia's Favourite Whole School Cyber Safeguarding and Digital Wellbeing Curriculum

Year 1 & 2
Protecting ME
in a Digital World

Year 3 & 4
Learning about US
in a Digital World

Year 5 & 6
Connecting Skills to Practice
in a Digital World

- 16 fully resourced Lesson Plans per year group
- National Curriculum aligned and reported

- On-platform, experiential learning

Learning Modules
(4 Lessons in each)
- I am SAFE (online)
- I am RESPONSIBLE (online)
- I am KIND (online)
- I am STEADY (online)

Learning Modules
(4 Lessons in each)
- ME online (self)
- WE online (social)
- US online (global)
- THEM online (threat/risk)

Learning Immersion
- In-class social networking simulation (DiGii Social)
- Auto-deployed education
- Interaction responsive guidance and correction

Preview Platform

Please take a look around the Year 1-4 Preview Platform where you can see just how easy it is to teach fully resourced lessons that, on completion, report against the National Curriculum outcomes.

Click **HERE** or copy and paste this link:

https://school.digiisocial.com/eval

Educational training wheels
for digital life

DiGii SOCIAL

Take a look at the Year 5-6 immersive platform.

Click **HERE** or copy and paste this link:

https://youtu.be/TrMX-qvjyE8

Trusted eSafetyProvider
esafety.gov.au

digiisocial.com