DiGii @ School

Lesson Resource

Stop Cyberbullying Day

Years 3-4

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 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:

- Resource 1- Looking after me and my friends online- print one per student
- Display Resource (PPT)

SECTION: 1	**FOCUS**: DiGii Move	**TITLE**: What is cyberbullying?
Display slide 3 Display slide 4	• What is bullying? • Bullying is when someone purposefully and repeatedly tries to make another person feel sad, scared, embarrassed, left out, ashamed or tries to damage their reputation. • What do you think cyberbullying means? • https://kidshelpline.com.au/kids/issues/cyberbullying • Read the 'What is cyberbullying?' link on KidsHelpline website (above and link in slides). • Cyberbullying is bullying that happens using technology- like a tablet, phone, computer, or games console. • Explain that there are some different things we can do if cyberbullying is happening to us or if we see it happening to someone else. • We can block the person sending the unkind messages. • We can tell them to stop. • We can report it to the platform that we are on. • We can take a break from being online and go to do something else. • We can ask a grown up for help.	
Play *(use the playground or hall if available for space but it could be played in the*	• Explain to the children that we are going to play a game of 'Captain's Coming' with some different actions. • Demonstrate the actions for each of the commands that will be called out: - Block (make a cross/x with arms in front of your face) - Stop (stretch out arm with palm facing out) - Report (pretend to wave a flag)	

classroom if necessary)	- Jump offline (take a big jump forwards) - Ask for help (cup hands around your mouth) • Play the game with the class. • Begin to eliminate children who do the wrong action or are too slow. • Children can join you in spotting the children who have done the wrong action or can help with calling out the instruction. • Continue until a winner or group of winners is found. • Sit the children down in a circle. • Ask which of the actions they think might be the most important. • Would any of those actions be difficult to do? • Would you find it hard to ask for help from an adult? • Who could you ask for help if you were being cyberbullied? • Why was "jumping offline" a suggestion? – Sometimes we need to take a break from being online and get into the real world where we can connect with something or someone that makes us feel loved and supported. • What does block and report mean? Have you seen these functions before? Would you know how to use them? Who could you ask to help you with blocking or reporting someone online?
	• Cyberbullying is a big topic, and it can be upsetting to think about. • One of the most important skills we can learn is to pause and breathe. • Breathing and taking a pause before we do the next thing can help us to make better choices. It might mean we don't send something with hurtful words that may make someone else feel sad or hurt, or that we can breathe through the hurt that we have been caused and choose the right next action- blocking, reporting or asking for help, instead of saying something mean back. • Let's practice. • Ask children to sit with their legs crossed and close their eyes if they feel comfortable to do so. • Use '5 finger breathing' exercise with the children

	• hold up 5 fingers • take a deep breath in • slowly exhale, blowing on one finger as if you're blowing out the candles on a cake • repeat until you 'blow out' each finger on your hand

SECTION: 2	**FOCUS**: DiGii Make	**TITLE**: Be kind, pass it on!
Display slide 7	• We need to teach our whole school community the kindness is cool, and cyberbullying is not. • Tell the children that we need to make sure that if we notice cyberbullying happening to someone that we do something about it. Explain that it's called being an 'Upstander'. • Ask children to suggest some things that they would do if they saw cyberbullying happening to a friend. Remind them of the things we thought about when we played 'Captain's Coming' if they are having trouble making suggestions.	
Display slide 8	• Give each child a copy of Resource 1- looking after me and my friend online. • Remind children about the rules for 'Captain's Coming' and ask them to use those actions to create their 'top tips' for dealing with cyberbullying. • Children share their work with the class if they are happy to do so. • Display their work in the classroom windows if possible so that others can see their message. • We always love to see the work that children produce! Please feel welcome to tag us in a social media post or send us a picture of any displays you create.	

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