

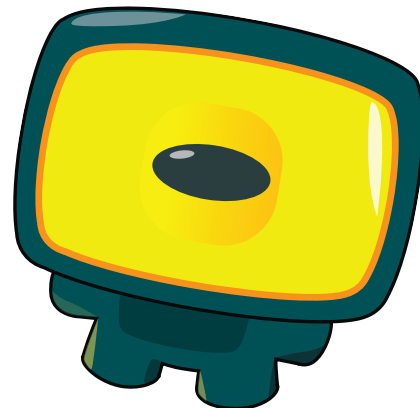
Cyberbullying

Lesson Plan

**Cyber
Mentors**

Learning Outcomes:

1. For the young people to define cyberbullying
2. To suggest ways in which young people can stay safe online
3. To look at online dangers
4. To identify cyberbullying and its consequences
5. To suggest ways young people can behave positively in cyberspace
6. To promote active participation, communication and group discussion



Ice-Breaker

Both secondary and primary age

Teacher to divide class up in to small groups (3 – 4 YP per group) and give them three minutes to come up with as many words or short sentences as possible related to Cyberbullying. The words must start with the letters that spell CYBERBULLYING. The YP should be encouraged to be as creative as possible. Some examples:

- C – Children can be cyberbullied
- C – Crying – Cyberbullying can make you cry
- Y – young people can be cyberbullied
- Y – Y do people do it?
- B – bullies, brave – it is brave when people stand up to the cyberbullies? Bebo – a site we like going to but not when we get bullied there

The YP then give a few of their answers each to the teacher who writes them up on the board and leaves them there for the rest of the lesson.

This will encourage the young people to start thinking as creatively as possible about issues surrounding cyberbullying and will help to give them some new language and ideas around it.



Activity 1

Defining 'What is cyberbullying'



Primary Age - focus on friendship and positive relationships.

Give brief introduction to this section (3 minutes) See Appendix with information for teacher.

Talk about friendships and positive relationships. Perhaps talk about bullying and touch on Cyberbullying. The children may find it difficult at this age, but it is important to introduce the term.

Coming up with cyberbullying definition (10 mins)

Give the YP 1 – 2 mins to individually come up with 10 – 12 key words they associate with good relationships, which might include what a good friend wouldn't do.

Ask 3 or 4 YP to read out their lists, and write it up somewhere for all children to see.

Then ask class if there are any more they would like to add to complete the list.

Secondary Age - focus on bullying.

Give brief introduction to this section (3 minutes) See Appendix with information for teacher.

Some time should be spent by the teacher talking about cyberbullying and what it is.

Divide into groups of 3 or 4 (8 minutes).

Encourage each group to come up with a definition about cyberbullying, or key phrases, that explore the act, method and consequences.

Group definition (2mins)

Ask all groups to read out their definitions and pick out key parts from each group to make one overall definition.

Dangers online

Teacher explains and gives one example of an online danger or cyberbullying, and the consequences of this. Examples of starting points might be:

- You've started getting nasty text messages.
- You've started to receive inappropriate emails.
- You've become a victim of prank calling or silent calling.
- A number of hate groups have been set up about you.
- You've become a victim of sexting (inappropriate photos sent around about you).
- You've posted personal details like mobile number or home address on your webpage and someone starts pretending to be you.
- Someone you've met for the first time online asks to meet you...and you go along because they're 'the same age' as you. When you turn up, they're not who you thought they were...

YP then break in to groups to come up with 2 or 3 things they consider to be 'online dangers' and the consequences of these. Role play. Each group then 'presents' their 2 or 3 online dangers to the rest of the class.



How to keep cybersafe

This session is about giving top tips on keeping yourself and your peers safe online. Brainstorm with the class and use a whiteboard or flipchart to record ideas and plan to display top tips in the school ICT rooms and near all classroom computers. Examples might include:

- Treat others with respect and expect them to do the same
- Keep passwords a secret
- If you don't want the world to know then don't post it!
- Never post personal information online that can identify you in any way
- Use a free email address online like Hotmail or Gmail that you can get rid of should you need to.



Positive behaviour in cyberspace



Activity 5

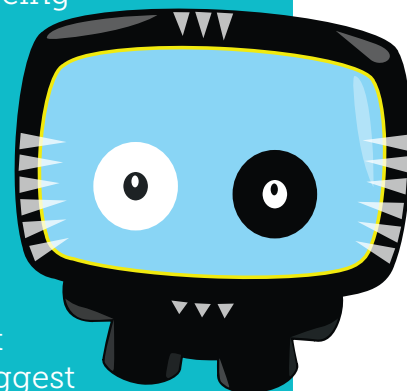
The section consists of a “Stamp out cyberbullying!” game.

Primary School – focus on good and bad choices

The class teacher puts a CyberMentor widget on the board. Examples of both good and bad choices are on it. Individually, young people will be called up to remove a bad choice, with the aim being to remove all the bad choices and they will be left with a clear image of good behaviour. There may be some ambiguity about the examples on the board and this will be a point for discussion.

Secondary School - focus on alternatives of bad online behaviour

The class teacher puts a CyberMentor widget on the board. Examples of negative behaviour online are stuck around the outside of the widget and the YP have to suggest alternatives to this behaviour. If they successfully suggest an alternative then they can stick a large laminated footprint over the negative behaviour on the board. The teacher can also write the alternative behaviour on the laminated footprint to reinforce learning. There may be some ambiguity about the examples on the board and this will be a point for discussion.



In both schools, the young people can be shown CyberMentors.org.uk, where they can:

- receive support from CyberMentors
- apply to be a CyberMentor
- interact socially in a safe environment, presenting as positive role models

Plenary (5 minutes)

Teacher recaps on areas covered in the lesson and also points out that the YP can all get help online from cybermentors.org.uk

Appendix of information: What is Cyberbullying?

Mobile, internet and wireless technologies have increased the pace of communication and brought benefits to users worldwide, but their popularity provides increasing opportunities for misuse, one of which is cyberbullying. It is crucial that children and young people, who are particularly skilful at adopting new technologies, are able to use the internet and mobile phones safely and positively, be aware of the consequences of misuse and how to report any incidents of bullying.

The advent of cyberbullying adds new dimensions to traditional forms of bullying. Unlike other forms of bullying, cyberbullying can follow children and young people into their private spaces and outside school hours – there is no safe haven for the child being bullied. Cyberbullies can communicate their messages to a wide audience at lightning speed and can often remain unseen and unidentifiable with catastrophic effects. There are many different types of cyberbullying that take place over many mediums:

- Types of cyberbullying: prank calling; filming; texting; sexting; passing on messages that may upset others; using Bluetooth to send around picture or video clips which may be offensive.
- Other forms of technology can be used to cyberbully and these might be the use of IM (Instant Messaging) to intimidate others, coercing others into 'ganging up' online and using aggressive and threatening behaviour towards an individual.
- Social networking sites have become the norm and are used by millions of children and young people daily to communicate. However, social networking (SNS) can also be used to propel images and thoughts out to a massive audience at lightning speed. This may be done by:
 - posting nasty or threatening comments on someone's profile or making obscene comments.
 - setting up fake profiles and uploading pictures or video with the intention of humiliating the victim.
 - excluding an individual from a forum or thread; setting up hate sites and online 'ganging up' – especially within the online video game world – threatening new players and using derogatory terms such as "noob".
- sending threatening emails or forwarding private emails with the intent to hurt or embarrass.
- sending offensive emails and attachments or participation in chain emails with intent to hurt.