Educator Guide: Cyberbullying Lesson

Recommended for Grades:

5th

Time:

6 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Define cyberbullying.
2. Recognize examples of cyberbullying.
3. Describe the impact cyberbullying can have on a victim.
4. Explain what to do if you are being cyberbullied.
5. List two things that a bystander of cyberbullying can do to stop cyberbullying.

Lesson Description:

In the Cyberbullying Lesson, students will learn what cyberbullying is and the effects it can have on its victims. Students also learn what to do, and what not to do, if they are being cyberbullied or if they witness cyberbullying. There is a worksheet included for students to complete as they work through this lesson. You may choose to print copies for students or have them download it directly from the Cyberbullying Lesson page on the E-Learning Center and save it to their devices.

Pre and Post-test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is the definition of cyberbullying?
    a. Bullying that takes place in person, usually about social media
    b. **Bullying that takes place over digital devices like cell phones, computers and tablets**
    c. Physical bullying that damages someone's digital device

2. Which of these is an example of cyberbullying?
    a. Making fun of someone to their face about a picture they posted on social media
    b. Stealing someone's cell phone
    c. **Sending mean or threatening texts to someone**

3. What are two effects of cyberbullying on the person being bullied?
    a. **Depression**
    b. Increased self-esteem
    c. Better grades
    d. **Trouble sleeping**

4. What should a bystander do if they witness cyberbullying? Choose two that apply.
    a. **Tell a trusted adult.**
    b. Ignore it.
    c. **Offer support to the person being targeted.**
    d. Share and forward messages and pictures sent by others.

5. What should you do if you are being cyberbullied? Choose three that apply.
    a. Respond to the cyberbullying right away.
    b. **Keep all evidence of the cyberbullying.**
    c. **Block the person cyberbullying you.**
    d. **Report the cyberbullying to a trusted adult.**

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Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the Cyberbullying Lesson. You may choose to use this list in any way that fits your needs.

- Anonymously – in a way that prevents a person from being identified
- Anxious – feelings of unease, worry or nervousness
- Bullying – unwanted, aggressive behavior that involves a real or perceived power imbalance, and is usually repeated over time
- Bystander – someone who witnesses a bullying situation
- Cyberbullying – bullying that takes place over digital devices like cell phones, computers and tablets
- Evidence – something that shows proof
- Harass – to repeatedly bother, annoy or upset
- Internet – a global network of computers and other devices that allows people to communicate and share information
- Self-esteem – a person's overall sense of their worth or value
- Social media – websites and apps that enable users to create and share information amongst virtual communities
- Trusted adult – a grown-up at home, school or other safe place that you can go to for help

Cyberbullying Lesson: Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you work through the Cyberbullying Lesson.

1. What is the definition of cyberbullying?

   _____

   _____

   _____

2. List two examples of cyberbullying.

   a. _____

   b. _____

3. List three effects of cyberbullying.

   a. _____

   b. _____

   c. _____

4. What is one thing you shouldn't do if you are being cyberbullied and three things you should do?

Don't: _____

Do: _____

Do: _____

Do: _____

5. What are three things you can do if you witness cyberbullying?

a. _____

b. _____

c. _____

Cyberbullying Lesson: Worksheet Answer Key

1. What is the definition of cyberbullying?

   Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It's using technology to repeatedly harass, threaten or embarrass someone.

2. List two examples of cyberbullying.

   Answers can include posting online threats, sending mean, aggressive or rude texts, posting personal information, pictures or videos meant to hurt or embarrass someone, commenting on other people's posts in a negative way, etc.

3. List three effects of bullying.

   Answers can include feeling jumpy, anxious or sad, trouble concentrating on school work, lower self-esteem, trouble sleeping, physical issues like stomachaches and headaches, etc.

4. What is one thing you shouldn't do if you are being cyberbullied and three things you should do?

   Don't: Respond to, or forward cyberbullying messages.

   Do: Keep evidence of cyberbullying.

   Do: Block the person who is cyberbullying.

   Do: Report cyberbullying.

5. What are three things you can do if you witness cyberbullying?
   a. Tell a trusted adult.
   b. Never forward or reply to messages.
   c. Offer support to the person being targeted.

Supplemental Activity: Code of Conduct

Objectives:

After completing this activity, students will be able to:

- Create a class code of conduct for using digital devices.
- Demonstrate advocacy by signing a class code of conduct for using digital devices and role-modeling anti-cyberbullying behavior.

Materials Needed:

- Whiteboard, chalkboard or large sheet of paper
- Code of Conduct for Use of Digital Devices handout (on the next page)
- Pens/pencils

Time Required:

30 minutes

Instructions:

Discuss with students some guidelines that they think are important as they are using digital devices such as cell phones, computers and tablets. Think about specifically when they are interacting with others while using those devices. Brainstorm a list using the whiteboard, chalkboard or large sheet of paper. Below is a possible list of guidelines or behaviors that you may want to include. Feel free to include others that students suggest.

- Use respectful language in all communications, including emails, texts, chat rooms, discussion boards, social media, etc.
- Avoid rude comments and personal attacks.
- Actively listen to others' thoughts and ideas.
- Do not share sensitive information about yourself.
- Use strong passwords and do not share logins and passwords with others.
- Report any cyberbullying or other inappropriate behavior to a trusted adult.

Next create your own classroom code of conduct for using digital devices or feel free to use the sample one on the next page. Have students sign it, take it home, discuss it with their family and have a trusted adult sign it.

Hold a class discussion about why it's important to role model the behaviors outlined in the code of conduct. Remind students that if they are seen demonstrating these behaviors, others in the school and at home may do the same.

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Code of Conduct

Everyone has the right to feel safe while using digital devices like cell phones, computers and tablets. I will do everything I can to be respectful to others while using digital devices.

Student's responsibility:

I promise that:

- I will use respectful language in all communications, including emails, texts, chat rooms, discussion boards, social media, etc.
- I will not make rude comments and personal attacks.
- I will actively listen to others' thoughts and ideas.
- I will not share sensitive information about myself.
- I will use strong passwords and I will not share logins and passwords with others.
- I will report any cyberbullying or other inappropriate behavior to a trusted adult.

_____   _____

Student's name   Grade

_____   _____

Teacher   Date

Parent/Guardian's responsibility:

I commit to encouraging my child to always respect others. I have instructed my child not to cyberbully. I have encouraged my child to report any cyberbullying to an adult.

_____   _____

Parent/Guardian signature   Date

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Handouts

Included on the following pages are additional resources that you and your students' families may find useful.

Cyberbullying

What Is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It includes:

- Posting mean, hurtful or embarrassing comments or rumors about someone online
- Threatening to hurt someone or telling them to kill themselves
- Posting a mean or hurtful picture or video
- Pretending to be someone else online in order to get or post personal or false information about someone else
- Posting mean or hateful things online about any race, religion or ethnicity
- Creating a mean or hurtful webpage about someone

How Can I Stop Cyberbullying?

Some teens have learned to stop cyberbullying and keep it from happening. Here's what you can do:

- Do not re-send cyberbullying messages.
- Block contact with cyberbullies.
- Tell your friends to stop cyberbullying.
- Report cyberbullying to a trusted adult.
- Work with other students, teachers and school leaders to create rules against cyberbullying.
- Help your community learn more by holding an assembly or other event.
- Make a contract to be safe online with your parents or caregivers. Come up with the rules together.

Cyberbullying Resources

- Children's Wisconsin, ParentsActNow.com
- Cyberbullying Research Center, cyberbullying.org
- KidsHealth, kidshealth.org
- National Crime Prevention Council, ncpc.org
- Pew Research Center, pewresearch.org/topics/teens-and-technology/
- U.S. Department of Health & Human Services, stopbullying.gov

Transcript

Slide 1
Leo: Hi! I'm Leo, and this is Erika. We are here today to talk about cyberbullying, which is a specific type of bullying.

Erika: Yes, and it can have serious effects on everyone involved. We're here to discuss exactly what cyberbullying is, why it's so hurtful and what can be done to stop it.

Slide 2
Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It's using technology to repeatedly harass, threaten or embarrass someone.

Slide 3
Examples of cyberbullying include:
- Posting online threats,
- Sending mean, aggressive or rude texts,
- Posting personal information, pictures or videos meant to hurt or embarrass someone,
- And commenting on other people's posts in a negative way.

Slide 4
Take a look at these messages and social media posts. Using what you've learned about cyberbullying, you will determine if each one is cyberbullying or not.

What do you think? Is this cyberbullying? Yes or no?

"Way to blow the game" text message example

(Yes) You're right! This would be considered cyberbullying because Max is being bullied, and it's being done electronically through text messages.

(No) Sorry, but this is cyberbullying. Max is being bullied, and it's being done electronically through text messages.

<u>Slide 5</u>
Let's see what you think about this one. Is this cyberbullying? Yes or no?

Watching the game post

(Yes) This does not appear to be cyberbullying. Nobody is bullying anyone on this post.

(No) You're right. This does not appear to be cyberbullying. Nobody is bullying anyone on this post.

<u>Slide 6</u>
What about this one? Do you think this is cyberbullying? Yes or no?

Cookie flavor text chain

(Yes) Not quite. This looks more like a difference of opinion between friends than cyberbullying. While some of the responses may seem rude, it is ok to disagree with friends sometimes.

(No) Good job. This looks more like a difference of opinion between friends than cyberbullying. While some of the responses may seem rude, it is ok to disagree with friends sometimes.

<u>Slide 7</u>
Last one. Do you think this is cyberbullying? Yes or no?

Dance camp post

(Yes) Correct. Chloe is being cyberbullied through social media. Except for Mack, everyone else is trying to make her feel bad.

(No) Sorry, but this *is* cyberbullying. Except for Mack, everyone else is trying to make Chloe feel bad by commenting on her social media post.

<u>Slide 8</u>
Because cyberbullying happens over the internet, it can even be done anonymously and can be hard to trace. Whether it's done anonymously or not, this type of bullying can be especially hurtful because it follows the person home. The stress of not being able to get away from it can have many effects on a person. It can cause them to feel jumpy, anxious or sad. They may have trouble concentrating on school work. In general they have lower self-esteem. They can have trouble sleeping and physical issues like headaches and stomachaches. All of this can lead to depression and even thoughts of suicide.

<u>Slide 9</u>
Here are some things you should and shouldn't do if you are being cyberbullied.
- Don't ever respond to, or forward cyberbullying messages. It often makes things worse.
- Always keep evidence of cyberbullying. Save texts or emails and always capture screen shots of social media posts when cyberbullying occurs. Share this evidence with a trusted adult.
- Block the person who is cyberbullying. Most apps and gaming platforms allow you to block users from messaging you or even being able to "see" you online. Most phones can block phone numbers too.
- Lastly, you should always report cyberbullying. Talk with a trusted adult about what's going on so they can help you.

<u>Slide 10</u>
If you are a bystander who witnesses cyberbullying, there are also some things you should and shouldn't do to help. First of all, tell a trusted adult about what you are seeing. That could be an adult at school, or at home. Never participate in cyberbullying by forwarding or replying to messages or pictures sent by others. That will only make things worse. And, just like in any bullying situation, offer support to the person being targeted. They will appreciate knowing that someone is standing by them.

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Slide 11

Leo: Cyberbullying can often be scary and confusing, but as we learned today there are things we can do to stop it.

Erika: Definitely. And remember that you're not alone. There are always adults who are willing to help you. Cyberbullying is a serious issue and should never be ignored. Together, we can create a positive space for everyone.

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