



Educator guide: CyberSnake game

Recommended for grades:

6th – 8th grades

Time:

15 minutes

Prerequisite:

In order for students to be successful in the game, they would benefit from participating in the Cyberbullying lesson (6th – 8th grade).

National Health Education Standards:

This activity 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 activity students will be able to:

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



Activity description:

In this game, students are given the job of gathering evidence of cyberbullying at their school. First they must prove they have the knowledge required by answering five questions about cyberbullying. Once they've proven they are qualified, they will be allowed to enter the school's cyberspace. Students will move their snake through cyberspace searching for text messages. Their job is to determine if the messages are cyberbullying or not. Collecting this evidence of cyberbullying will make their snake grow. But along the way their snake needs to avoid the electricity, and they don't want to run into themselves either or the game will end.

*We received many of the text messages you will see in this game from real life students. For this reason, and in an effort to make these messages as realistic as possible some messages contain swear words or other inappropriate language.

Vocabulary:

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

- Anti-discrimination laws – laws intended to prevent unfair treatment of someone based on their age, sex, race etc.
- Anxiety – a mental health condition when a person worries even though there is nothing serious to worry about, or worries all the time and it affects their daily life negatively
- Bystanders – individuals who witness bullying
- Cyberbullying – bullying that takes place over digital devices like cell phones, computers and tablets; it happens when someone is using technology to repeatedly harass, threaten or embarrass someone
- Depression – a mental health condition that negatively affects how you feel, think and act, causing feelings of sadness and a loss of interest in things you once enjoyed
- Group chat – a group of people using technology to communicate with each other through one message chain
- Harassment laws – laws intended to prevent the continued unwanted actions of a person against someone, including threats, demands etc.
- Social media – forms of electronic communication through which users create online communities to share information, ideas, personal messages, videos etc.

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](https://www.parentsactnow.com)
- Cyberbullying Research Center, [cyberbullying.org](https://www.cyberbullying.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- National Crime Prevention Council, [ncpc.org](https://www.ncpc.org)
- Pew Research Center, [pewresearch.org/topics/teens-and-technology/](https://www.pewresearch.org/topics/teens-and-technology/)
- U.S. Department of Health & Human Services, [stopbullying.gov](https://www.stopbullying.gov)

Transcript

Introduction

Lately there's been a lot of cyberbullying happening in schools. It's your job to gather evidence of the cyberbullying. First, let's check your knowledge to see if you're qualified. Answer five questions correctly to enter the school's cyberspace and play the game. Good luck!

Game questions

*Note that all game questions and answer choices are randomized within the game and will appear in random order. Correct answers are bolded. Unless noted, correct remediation will also be randomized.

1. What is cyberbullying?
 - a. Stealing someone's cell phone (Nope. Cyberbullying is using technology to repeatedly harass, threaten, or embarrass someone.)
 - b. **Using technology to repeatedly harass, threaten, or embarrass someone**
 - c. Getting into a disagreement with a friend on social media (Nope. Cyberbullying is using technology to repeatedly harass, threaten, or embarrass someone.)

2. Sharing embarrassing photos of a friend on social media is an example of cyberbullying.
 - a. **True**
 - b. False (Sorry, but that's actually true.)

3. Sending threatening texts to a classmate is an example of cyberbullying.
 - a. **True**
 - b. False (Sorry, but that's true.)

4. Making fun of someone's phone case is an example of cyberbullying.
 - a. True (Nope, that's actually false.)
 - b. **False**

5. Posting hurtful messages about another player in an online game is an example of cyberbullying.
 - a. **True**
 - b. False (Actually that's actually true.)



6. What are the four steps to take if you are being cyberbullied?
- Respond immediately, discard all evidence, block the person bullying you, and report the cyberbullying. (Not quite. You should not respond, but you should keep all evidence, block the person bullying you, and report the cyberbullying.)
 - Respond immediately, keep all evidence, block the person bullying you, and report the cyberbullying. (Not quite. You should not respond, but you should keep all evidence, block the person bullying you, and report the cyberbullying.)
 - Don't respond, keep all evidence, block the person bullying you, and report the cyberbullying.**
7. What can a bystander do to stop cyberbullying?
- Forward messages or texts to friends. (Sorry, but that's just going to make it worse. You need to tell an adult.)
 - Tell an adult.**
 - Reply to the cyberbullying messages. (Sorry, but that's just going to make it worse. You need to tell an adult.)
8. Oftentimes, someone who is being bullied online is also being bullied at school.
- True (You're right. Unfortunately, that's correct.)**
 - False (Unfortunately, that statement is true.)
9. The stress of being cyberbullied can affect a person's mental health.
- True**
 - False (Nope. Cyberbullying can definitely affect a person's mental health.)
10. Some types of cyberbullying can have legal consequences.
- True**
 - False (Sorry, but that's true.)
11. Most social media sites and gaming platforms can block a user from using their site if that user is cyberbullying others.
- True**
 - False (That's actually true. They can block a user for cyberbullying.)

12. Somebody has been sending you threatening texts all day from a number you don't recognize. You tell your mom that night. What should you do next?
- Reply back and ask who they are. (That's incorrect. You should never respond to cyberbullying. Be sure to block the number in your phone.)
 - Ask your friends if they've been getting any weird messages. (Not quite. That's not going to stop the cyberbullying. Be sure to block the number in your phone.)
 - Block the number in your phone.**
13. A classmate has been spreading rumors about you on her social media account, but she usually deletes it shortly after posting it. What should you do?
- Start spreading rumors about her. (No way! That's not the answer.)
 - Take screenshots of the posts when you see them and report it.**
 - Have your friends threaten her if she doesn't stop. (No way! That's not the answer.)
14. When is the best time to respond to a cyberbullying message?
- As soon as you see the message (Actually, you should never respond to cyberbullying messages.)
 - After you have talked to a friend (Actually, you should never respond to cyberbullying messages.)
 - Never**
15. Students posted hurtful comments about your classmate on a social media site. What action should you take?
- Restrict forwarding or replying to the messages and tell an adult.**
 - Confront the students at school defending your classmate. (No way! You should tell an adult.)
 - Send the comments to your friends. (No way! You should tell an adult.)
16. Being cyberbullied is not as hurtful as being bullied in person.
- True (That's incorrect. Being cyberbullied can be just as hurtful as being bullied in person)
 - False**
17. Victims of cyberbullying can experience physical symptoms such as headaches, stomachaches, or loss of appetite.
- True**
 - False (Nope. That's actually true.)

18. Most social media sites and gaming platforms do not take cyberbullying seriously.
- a. True (Nope. Most social media sites and gaming platforms do take cyberbullying seriously.)
 - b. False**
19. What should you do if you feel your safety is in danger as a result of cyberbullying?
- a. Isolate yourself. (That's incorrect. You should call your local police immediately.)
 - b. Call your local police immediately.**
 - c. Talk to a peer. (That's incorrect. You should call your local police immediately.)
20. Having a disagreement with someone online is an example of cyberbullying.
- a. True (Not quite. Cyberbullying involves harassing, embarrassing, or threatening someone.)
 - b. False**

After 5 answered correctly

Good job! You definitely have the knowledge needed to recognize cyberbullying. Let's go collect that evidence!

Instructions

To move your cybersnake, use the arrows on your keyboard.

Search for text messages to intercept the communication.

Choose if the message is cyberbullying or not.

Collecting evidence of cyberbullying will make your snake grow.

Hitting obstacles, or yourself, will end your mission.



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Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

