



Educator Guide: Teen Talk: Effects of Cyberbullying Video Lesson

Recommended for Grades:

9th –12th

Time:

4 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.

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. Identify the effects of cyberbullying on the one being bullied, the bystanders, and the one who is bullying.

Lesson Description:

In this video students will hear from high school students reflecting on cyberbullying and how they see it affect those around them.



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. Which of the following are victims of cyberbullying more likely to experience?
Choose all that apply.
 - a. **Loneliness**
 - b. High self-esteem
 - c. **Depression**
 - d. Increased popularity
 - e. **Low self-esteem**
 - f. **Anxiety**
2. Which of the following are bystanders of cyberbullying more likely to experience?
Choose all that apply.
 - a. **Guilt**
 - b. Power
 - c. **Fear**
 - d. **Anxiety**
 - e. Freedom

The following questions can be used to measure your students' thoughts and attitudes about bullying. Ideal answer choices are bolded.

1. Do you believe that cyberbullying can have as much of an effect on victims as in-person bullying does?
 - a. **Yes**
 - b. No
2. How often do you feel like there is nothing you can do to stop cyberbullying?
 - a. **Never**
 - b. Rarely
 - c. Sometimes
 - d. Very often
 - e. All the time

Vocabulary:

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

- Anxiety – a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Bystanders – individuals who witness bullying
- Cyberbullying – bullying that takes place over digital devices like cell phones, computers and tablets, using technology to repeatedly harass, threaten or embarrass someone; where the bully has real or perceived power over the victim
- 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

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
- 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

So, what I think, that the victims of cyberbullying feel like is probably alone and scared because they might not know who to talk to about their situation, and they'll probably be confused, like wondering like, why is this happening to me? Like, what did I do to deserve this? But they didn't do anything wrong. Sometimes it just happens and some consequences could be depression or anxiety or insecurities that might affect them because of the cyberbullying.

Cyberbullying is an awful thing that makes a victim feel horrible about themselves. Victims have less self-worth and are more prone to negative thoughts like self-harm and suicidal behaviors. On the physical spectrum victims are more prone to contracting illnesses. Cyberbullying makes victims unhealthy in every way.

I personally have been affected by cyberbullying. It was in middle school and I'm a senior about to graduate from high school. It stays in the back of my mind. I let the person who cyberbullied me affect who I was and how I acted. I let them get into my mind. Cyberbullying makes you feel so belittled and so worthless. It also makes you feel alone because it feels as if everyone is against you. Which when one person cyberbullies you and other people laugh or go with it, they are cyberbullying as well. There are a couple consequences to our mental and physical health. It all depends on what you're getting cyberbullied for, because you'll change physically about what they're making fun of you and your mental health declines because you're not being your true self.

Cyberbullying has a strong effect on its victims. Might not necessarily be the stereotypical predicament of some anonymous page making a rude comment about you. It could be someone from school saying something behind your back, or a friend taking a joke a little bit too far online. But these words and actions hurt us. Not only do they affect our self-image, but they also can make us feel uneasy and make us feel sleep, which affects our physical health too.

Cyberbullying affects a lot of different people, but one group of people that is seldom talked about is bystanders. It might be hard to imagine bystanders in a virtual setting. However, bystanders are people just like you and me who happened to scroll into a bullying situation.

Cyberbullying doesn't just affect the person being targeted. It affects those who witness it too. Bystanders often don't know what to do when they see some cyberbullying. They're afraid they say or do something to step in that they may be the next victim. But if they don't do something, they feel guilty for not stepping in to help. This can lead to increased stress, worry and anxiety, which can cause other issues at school and at home.

Cyberbullies have a great amount of things going on behind the scenes. I think cyberbullies want the power, but they don't want the repercussions, so they do it behind the screen. And I think at home and school really mixed together to make a student cyberbully. At home, they could be dealing with an absent parent or a sibling that bullies them, and at school they can fall under the peer pressures of their other peers.

Just like bystanders and victims of cyberbullying, those who cyberbully others are also at a greater risk for anxiety, depression and other stress related disorders. They can be suspended from school or sports teams, and certain types of cyberbullying can be considered crimes and there can be legal consequences. Cyberbullying others can also lead to poor performance in school, problems with relationships and increased risk of drug and alcohol use. Without being addressed sometimes these issues can last until adulthood.

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