



Educator Guide: Get the Message Out Game

Recommended for Grades:

7th

Time:

5 minutes

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.

Learning Objectives:

After completing this activity students will be able to:

1. Differentiate between a friendly message and a cyberbullying message.

Activity Description:

In this game students will practice determining if messages would be considered cyberbullying. Students will need to quickly decide if a text message is something a friend would send or something a bully would send. An answer key can be found in the transcripts at the end of this guide.

*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. You can find a complete list of all text messages in the transcript section of this guide.



Vocabulary:

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

- Bully – someone who uses their power to pick on, or harm others repeatedly and on purpose
- Bullying – unwanted, aggressive behavior that involves a real or perceived power imbalance and is usually repeated over time
- Cyberbullying – the use of technology (cell phone, tablet, computer, etc.) to bully
- Friend – someone who likes you for who you are, is there to help you when you need them and supports you

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

Instructions

Text messages will appear on the screen. The object is to keep them from piling up to the top of the screen. To clear a text message you must identify the sender as a bully or a friend.

Click on the friendly green message below to select it. Click the Friend button to correctly identify the sender and clear the message. If you identify a message incorrectly, it turns grey and you will not be able to remove it from the screen.

Select the friendly message on top. Click the Bully button to incorrectly identify the sender as a bully. As you play, the messages will appear at a faster rate. When the messages reach the top of the screen your game is over.

Friend messages:

Woooo! It's Friday!

Wait for me @ bus...

UR a QT

Want to hang out?

Waz up?

Hey! Want to go to movies this weekend?

L8r G8r!

Plz call me tonight

I my art class!

Can I borrow \$ for snacks?

Thx for your help

That math test was 2ez

^5 for the score in the game!

That show was 2 funny.

What are you wearing 2morrow?

Did u bring anything good for lunch?

Buying lunch today?

I'm outta here. B4N.

I need to borrow ur science book PLZ!

Meet me @ lockers after school to walk 2gether.

I love her new song. It is my jam!

Ur haircut is so cute *wink*

Whatcha doin?

XOXOXOXOXO

Call me when you get outta class.



Bully messages:

U suck. JK

Sucks 2b u

Let's go hang out – but don't tell Taylor to come!

Did you smell K after gym? MUSTY!

2morrow we r gonna gang up on M @ the game. You in?

You'll never fit in, loser.

OMG if she wears that dress again, I'll die laughing.

Don't be such a baby, you gonna cry if we don't invite you?

UR a loser. JK.

W/E she is such a geek. Who cares what she thinks?

UR such a FREAK!

I cant stand you

B is so annoying. Lets ignore @ lunch.

Dang, T gained some pounds! FATty!

U R GAY

I hate you. Don't talk 2 me 'n public ever again!

As a friend, I'm telling you: U smell.

Nice zits. You need that ProActive.

I like your lady lumps...

That shirt is so gay

Face hurts? Cuz it's killing me!

If u tell anyone what I said, I'm gonna pound you after school

What's up, Fat Butt? *Wink*

Dang, tuna 4 lunch? I can smell your breath from here! LOL

Close UR mouth, smells like something died in there...lol

Fact: u have no friends...Fact: ur a loser

How do you live with that face?

go die.

Acknowledgements

Thank you for providing dedication, passion and leadership:

Les Weil – Zink the Zebra Foundation





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