



LESSON PLAN

CYBERBULLYING

Time Needed:

25-30 Minutes

Objectives:

Help kids:

- Understand what constitutes cyberbullying.
- Identify what they can do if they are being cyberbullied or see cyberbullying take place.

ASK: Pre-Viewing Questions

- How is cyberbullying the same and different from other types bullying?
- How does digital media (the Internet, social media, texting) give kids power?

SHOW: BOSTON vs BULLIES video clip: CYBERBULLYING (5:87 minutes)

ASK: Post-Viewing Questions

- If you see someone doing the cyberbullying, how can you help?
- If you are getting cyberbullied, what can you do?

PRESENT AND DISCUSS:

What Kids Should Know About Cyberbullying

- If you say or put something online, you can't take it back—it is for everybody and forever.
- You can't control who will see what you put online—anyone can forward it on to others.
- Don't share personal information online—that material can be used for cyberbullying.
- Cyberbullying can cause a lot of damage by reaching many kids very quickly.
- Posting false or private information can isolate kids and ruin reputations.
- Don't share your passwords with your friends. They can use your passwords to gain access to your emails or social networks. Passwords are private — share them only with your parents.

ACTIVITY: Calling Your Play

(p. 15, Facilitator's Guide)

During the game, football quarterbacks, basketball point guards, and soccer midfielders are constantly faced with decisions about how to proceed and win the game. Explain to kids, "Whenever you see a cyberbullying comment online, you also have a decision to make: What to do or what not to do to stop the cyberbullying."

- Divide kids into two (or more) cyberbullying prevention teams: Team A: NOT TO DO; and Team B: TO DO.
- Ask the TO DO team (or teams) to come up with the 3 most important things to do when you see a cyberbullying message.
- Ask the NOT TO DO team (or teams) to generate the 3 most important things not to do when you see a cyberbullying message.
- Have kids talk about the best ways to respond to cyberbullying as a victim and a bystander.

ACTIVITY: What Would YOU Do?

(p. 15, Facilitator's Guide)

Read to your group (or ask a kid to read) the story below. Have kids discuss what the characters did right, what the characters did wrong, and what else the characters can do to help stop the cyberbullying

Brian is a new student at Brady Middle School. Many of the boys in the class began posting rumors and mean things about him. Alexis felt sorry for Brian. She forwarded the post to her friends expressing how badly she felt and encouraged her friends to be nice to Brian from now on. Some of her friends agreed with her. Other friends used her post to join in the cyberbullying.

- What did Alexis do right?
- What might she have done differently?
- What else can she do to help?
- What can her friends do to help?

TIP: Additional stories are available at www.bostonvsbullies.org. You can also have kids create their own story involving cyberbullying.