Cyberbullying Lesson Plan For Primary Schools

Cyber Mentors
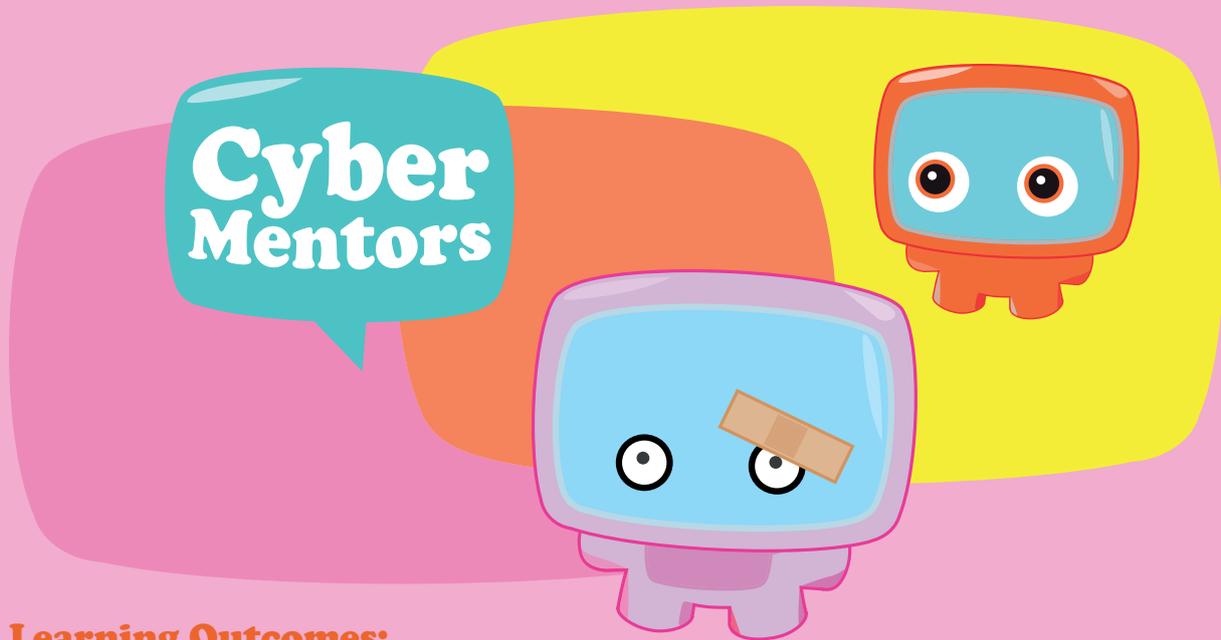
Learning Outcomes:

1. For the young people to define **cyberbullying.**
2. To suggest ways in which young people can stay safe online.
3. To look at online dangers.
4. To identify cyberbullying and its consequences.
5. To suggest ways young people can behave positively in cyberspace.
6. To promote active participation, communication and group discussion.

1. Ice Breaker (5 mins in total)

Teacher to divide class up in to small groups (3 – 4 young people per group) and give them three minutes to come up with as many words or short sentences as possible related to cyberbullying. The words must start with the letters that spell **CYBERBULLYING**. The young people should be encouraged to be as creative as possible. Some examples:

- C – children can be cyberbullied.
- C – crying – cyberbullying can make you cry.
- Y – young people can be cyberbullied.
- Y – Y do people do it?
- B – bullies, brave – it is brave when people stand up to the cyberbullies, Bebo – a site we like going to but not when we get bullied there.

The young people then give a few of their answers to the teacher who writes them up on the board and leaves them there for the rest of the lesson.
This will encourage the young people to start thinking as creatively as possible about issues surrounding cyberbullying and will help to give them some new language and ideas around it.

2. Defining 'What is cyberbullying' (15 mins in total)

Focus on **friendship** and **positive relationships.**
Give brief introduction to this section (3 mins) See **Appendix** with information for teacher.

- Talk about friendships and positive relationships. Perhaps talk about bullying and touch on cyberbullying. (They may find this difficult at a young age but it is important to start introducing the term).

Coming up with cyberbullying definition (10 mins)

- Give the young people 1 – 2 mins to individually come up with 10 – 12 key words they associate with good relationships, which might include what a good friend wouldn't do.
- Ask three or four young people to read out their lists, and write it up somewhere for all children to see.
- Then ask class if there are any more they would like to add to the list to make a complete list.

Group definition (2 mins)

- From this list, with the teacher leading, come up with an agreed class statement for what makes a good friendship.

3. Dangers online: (15 mins in total)

Teacher explains and gives one example of an online danger or cyberbullying, and the consequences of this.

Examples of starting points might be:

- You've started getting nasty text messages
- You've started to receive hurtful emails
- You've become a victim of prank calling or silent calling
- A number of hate groups have been set up about you
- You've posted personal details like mobile number or home address on your webpage and someone starts pretending to be you
- Someone you've met for the first time online asks to meet you...and you go along because they're 'the same age' as you. When you turn up, they're not who you thought they were.

Young people then break in to groups to come up with two or three things they consider to be 'online dangers' and the consequences of these. Role play. Each group then 'presents' their two or three online dangers to the rest of the class.
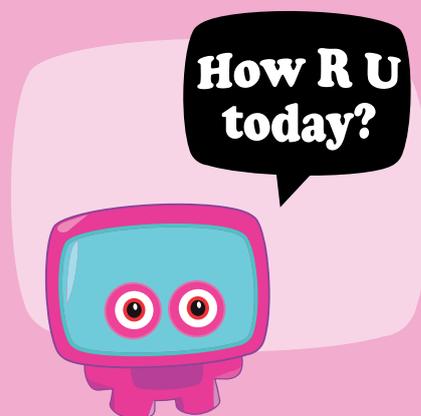
4. How to keep cybersafe: (10 mins in total)

This session is about giving top tips on keeping yourself and your peers **safe online**. Brainstorm with the class and use a whiteboard or flip chart to record ideas and plan to display top tips in the school ICT rooms and near all classroom computers.

Examples might include:

- treat others with respect and expect them to do the same.
- keep passwords a secret.
- if you don't want the world to know then don't post it!
- never post personal information online that can identify you in any way.
- use a free email address online like Hotmail or Googlemail that you can get rid of should you need to.

\<cool\>

5. Positive behaviour in cyberspace (12 mins in total)

The section consists of a "**Stamp out cyberbullying!**" game.

The class teacher puts a CyberMentor widget on the board. Examples of both good and bad choices are on it. Individually, young people will be called up to remove a bad choice, with the aim being to remove all the bad choices and they will be left with a clear image of good behaviour. There may be some ambiguity about the examples on the board and this will be a point for discussion.

Young people can been shown cybermentors.org.uk*, where they can:

- receive support from CyberMentors.
- apply to be a CyberMentor.
- interact socially in a safe online environment, presenting as positive role models.

*If it is considered appropriate to the age group you are working with. CyberMentors is an an extremely safe online environment which is constantly monitored by state-of-the-art technology and human moderators and counsellors. However, it is designed for students aged 11-16 and not appropriate for younger children. MiniMentors, a mentoring and well-being website for primary school children is launching in 2010.

Plenary (5 minutes)

Teacher re-caps on areas covered in the lesson and also points out that the children can all get help online from cybermentors.org.uk if appropriate.

\<upset\>

Appendix of information:
What is Cyberbullying?

Mobile, internet and wireless technologies have increased the pace of communication and brought benefits to users worldwide, but their popularity provides increasing opportunities for **misuse**, one of which is cyberbullying. It is crucial that children and young people, who are particularly skilful at adopting new technologies, are able to use the Internet and mobile phones safely and positively, be aware of the consequences of misuse and how to report any incidents of bullying.

The advent of **cyberbullying** adds new dimensions to traditional forms of bullying. Unlike other forms of bullying, cyberbullying can follow children and young people into their private spaces and outside school hours – there is no safe haven for the child being bullied. Cyberbullies can communicate their messages to a wide audience at lightning speed and can often remain unseen and unidentifiable with catastrophic effects. There are many different types of cyberbullying that take place over many mediums:

- Types of cyberbullying: prank calling; filming; texting; sexting; passing on messages that may upset others; using Bluetooth to send around picture or video clips which may be offensive.
- Other forms of technology can be used to cyberbully and these might be the use of IM (Instant Messaging) to intimidate others, coercing others into 'ganging up' online and using aggressive and threatening behaviour towards an individual.

Social networking sites have become the norm and are used by millions of children and young people daily to communicate. However, social networking (SNS) can also be used to propel images and thoughts out to a massive audience at lightning speed. This may be done by:

- posting nasty or threatening comments on someone's profile or making obscene comments.
- setting up fake profiles and uploading pictures or video with the intention of humiliating the victim.
- excluding an individual from a forum or thread; setting up hate sites and online 'ganging up' – especially within the online video game world – threatening new players and using derogatory terms such as "noob".
- sending threatening emails or forwarding private emails with the intent to hurt or embarrass.
- sending offensive emails and attachments or participation in chain emails with intent to hurt.

cybermentors.org.uk

Google™

CyberMentors and Google

Beatbullying works closely with Google, who are the official training partners for the CyberMentors programme. Google hold mass trainings for CyberMentors at their London headquarters and Google staff are actively engaged in supporting the programme. To find out more about the CyberMentors programme please email richard.piggin@beatbullying.org.

Google Safety Resources online

Google have a wealth of useful safety videos that you can watch yourself or share with your students. These YouTube videos have been produced in the US, but are very relevant and engaging for young people:

Playing and Staying Safe Online
http://www.youtube.com/watch?v=DQ5zJvA0NYY

Detecting Lies and Staying True
http://www.youtube.com/watch?v=fXFbQKz3anw

Steering Clear of Cyber Tricks
http://www.youtube.com/watch?v=MrG061_Rm7E

Beatbullying's YouTube Channel

The Beatbullying YouTube channel is a very popular resource for young people. Most content is aimed at young people over the age of 13, but the channel does have great music content suitable for younger children, some videos are listed below:

http://www.youtube.com/watch?v=3yl9-TPxKKE

http://www.youtube.com/watch?v=P0rD4gtVggw

http://www.youtube.com/watch?v=MceLiv0PD1M

http://www.youtube.com/watch?v=DaOtOBxcKJs