CYBER BULLYING

i-SAFE Lesson Plan

Suggested Grade Level 7

Learning Objectives
Students will:
- practice netiquette as they communicate with others on the Internet
- develop resources to cope with online bullying

Enrichment Goal
i-SAFE enrichment activities are designed so that they can be implemented by students. Provide your students with the necessary reference materials included with this lesson plan and guidance on how they can complete this activity. Suggestions include getting support from an adult advisor, school club, student council, technology team, etc. i-SAFE also offers a wide range of online support for students who register (free of charge) at www.isafe.org, including the i-Mentor Training Network videos.

Learners will be provided with reference materials to engage in an enrichment activity, which includes broadcasting Public Service Announcements about cyber bullying awareness at school and/or locally.

Materials / Preparation
- Online access to the i-SAFE assessments, if appropriate for this lesson
- Copies of the reference pages for each student
- Copies of the activity pages for each student
- Student registration in mentor program at www.isafe.org
- *Optional:* PowerPoint presentation for this lesson is available on the CD for use as a student guide.

Pre Assessment
If beginning the i-SAFE program with this lesson, administer the pre assessment online at www.isafe.org by clicking on the link, Assessments, prior to the lesson. To verify School ID#, login at isafe.org, go to the "My Info" page and select "Find your school ID".

Lesson Procedures

All students participating in the i-SAFE curriculum are considered to be mentors. If they haven't done so already, have students enroll online by clicking on "Create Account" at www.isafe.org to take full advantage of the support and incentives offered. This may be done at any time during the lessons, or students may complete this registration at home. If you would like to register your students yourself simply go to http://www.isafe.org/teachermentorprogram and fill out the information for your students and email to outreach@isafe.org. Your students will then be enrolled to receive information about sharing internet safety with other students and will be registered to participate in contests to win prizes.

Discussion 1

- Ensure that all students have printouts of the activity page.

- Engage the learners in a brief review discussion, in which they discuss the term "bullying", and identify, explain, and analyze the components of bullying. Guide the discussion to cover the following:
  - What are some things that a bully might do?
  - Why do people act as bullies?
  - Why do people sometimes forget to be kind?
  - What should one do when confronted with a bully?
  - Have any of you had incidents where you were bullied?
  - What is cyber bullying (review)?
  - How is cyber bullying different from schoolyard bullying?

- Have the students refer to the Cyberbullying Factsheet. Allow students to take turns reading about bullying and the resources for bully victims; discuss netiquette.

- Throughout the discussions cover these topics:
  - Resources available at your school level
  - Your school's anti-bullying plan
  - Resources in your community

- As you go through the reference page, stress that bullying is wrong and punishable. Emphasize the resources available to a student at school and at home should he/she be bullied.

- Advise students that forethought can prevent many incidents of bullying:
  - Don't reveal your password – even to your friends. Tomorrow they might not be your friends.
  - Remember IM conversations are not private. They can be printed, copied, forwarded, etc.
  - Be aware that pictures, video, and comments revealed online are not private. They can be shared with others without permission.

Peer-to-Peer Activity

- Divide students into groups of three or four. Hand out the It's Easy – Be Considerate activity page.
- In the small groups, have students read the worksheet and follow directions to complete it.
  - 1st section: Students read through the phrases and select the response that shows consideration.
  - 2nd section: Students read the "mean" phrase, and as a group, discuss and reword so it is considerate.
  - 3rd section: Students answer the questions about how to phrase items in a more considerate manner and its importance when online.

Peer-to-Peer Extension

- In their small groups, have students design a PSA or jingle advising others on how to communicate considerately, an/or why it is necessary, while online.
- Have student groups share their worksheets and PSA's with the class.

Discussion 2
- Provide time for the student groups to present their responses.
- Discuss how students could make a difference in other people's lives and help both bullies and victims.
- Have students write down on a sheet of paper three things they could do to be considerate to others. Explain that acting in a kind matter is one way to fight bully tactics.
- Ask students to commit to completing these three kind acts.

Point to ponder: If the problem of online bullying grows, what might be some consequences to freedom on the Internet?

Concluding Discussion
- Review with students the successful tips they have developed for preventing and for responding to cyber bullying.
- Discuss why it is important to discuss this issue with others at school, discussing solutions with faculty, etc.
- Encourage students to make a difference in their school when it comes to Cyber Bullying by registering at www.isafe.org for additional activities, materials, and support concerning this issue.
- Lead into a discussion about the enrichment activity
- Hand out PSA activity page (Make Noise) to each student.

Enrichment Activity

> Youth who participate in activities to share what they have learned about Internet safety are more likely to practice safe habits online.
> Additional lessons and support for students, teachers, and parents on Internet safety topics are available from i-SAFE Inc. www.isafe.org.

Educate others in your school about being kind and cyber bullying by using the materials you made in class today.
- Film the PSAs and arrange to have them broadcasted over the school media system.
- Arrange to broadcast your PSAs at a local elementary school.
- Send select jingles or PSAs to send to the local radio stations for broadcast.
- Publish PSAs in the school newspaper

Post Assessment
Administer the post assessment online at www.isafe.org by clicking on the link, Assessments, if this is your last lesson for i-SAFE. To verify School ID#, login at isafe.org, go to the "My Info" page and select "Find your school ID".

Related Lessons
Cyber Bullying Webcast Available
i-SAFE offers the Webcast, *Cyber Harassment: Bullying and Stalking Online*, and accompanying lesson plan, which is suitable for grades 6-12.

Contact us
- We'd like to hear from you! E-mail teachers@isafe.org to share any unique ideas and/or experiences you had during implementation of this lesson.
- Students who participate in enrichment activities may be eligible for i-SAFE's monthly Most Valuable Mentor award – let us know about deserving students.

Cyber Bullying Factsheet

"All cruelty springs from weakness."
(Seneca, 4BC-AD65)

Bullying online can be just as bad, and in some cases worse, than when bullying occurs in the physical community.

What is cyber bullying?

Bullies are those people who gain gratification (a sense of happiness) when they have provoked or tormented others. They feel better by making others feel worse. Cyber bullies are those bullies who use the Internet to knock others down. Email provides one method of communication for these bullies. Flame mail – mail designed to make another person mad – is used along with hate mail – mail that shows racism, sexism, or other prejudices. Bullies also use the Internet through chatrooms and online social networking sites to make their comments public. Finally, some cyber bullies build websites devoted to making a person or persons feel bad.

Think about it: Do you think it's a sign of strength or weakness to use the Internet for bullying? Why?

What to do if you are being Cyber Bullied:

1. Tell someone. No one should put up with bullying! Don't keep it to yourself – there are laws against bullying. Tell a trusted adult about the bullying. This might be a parent, teacher, friend's parent – even an older brother or sister.
2. Don't open or read messages by cyber bullies.
3. Tell your school if it is school related. Schools have a bullying plan in place.
4. Don't erase the messages – they may be needed to take action. Instead put them in a folder unread or have an adult help you.
5. Stay protected – never agree to meet with a bully, or with anyone, you meet online.
6. If bullied through chat or instant messaging, the bully can often be blocked. Ask a trusted adult to help you.

If someone you know is being bullied online use these guidelines to HELP THEM GET HELP – their life may depend on it.

Prevention Techniques – how to keep from being bullied online:

- Don't give out private information such as passwords, pins, name, address, phone number, school name, or family and friends names. This information can be used by bullies and other harmful people on the Internet.
- Don't exchange pictures or give out email addresses to people you meet on the Internet. Ask permission from parents when it is necessary to give such information.
- Don't send a message when you are angry – it's hard to undo things that are said in anger.
- Delete messages from people you don't know, or from those from people who seem angry or mean.
- When something doesn't seem right, it probably isn't. Get out of the site, chat, etc.

The best defense to *keep from being a bully online*: Use Netiquette.
Be polite online and others will tend to do the same. If someone does get angry or bullies, ignore them – online bullies want a reaction.

Think about ways to apply E-mail netiquette to the following:

SUBJECT LINES	HOAXES
YOUR ORIGINAL MESSAGES	CHAIN LETTERS
FORWARDED MESSAGES	SPAM
ATTACHMENTS	

Chatroom, IM, and Blogging Netiquette

Netiquette use applies to real-time chatting and posting on blogs:

- **Avoid Using ALL CAPS**
  It's considered yelling.

- **Decide What Tone the Conversation Has Before Posting**
  Don't use offensive language or nicknames. Always avoid making personal attacks and calling names.

- **Don't "Flood" the Chatroom**
  Flooding is repeating messages over and over, or filling the screen with gibberish, in order to impede communication in the chatroom.

- **Be Nice to Newbies**
  Remember your first chats or messages? If someone stumbles into your chat, who is obviously new to this medium, show some patience and help him or her get the hang of it.

It's Easy - Be Considerate!

Section 1:

Directions: For each number below, there are two phrases – one that shows consideration, and one that doesn't. They say the same thing – but it's better to be nice - so circle the considerate choice for each.

1. Would you be so kind as to _____?

   Hey, if you ever get a chance do _____

2. How can I ever thank you?

   About time!

3. This will teach you.

   I don't appreciate it when_____.

4. It's a wonder you didn't break it!

   Good Catch – you have quick hands.

5. Excuse me.

   Get out of my way!

Level Orange

Section 2:
Below is a list of comments that aren't so considerate. Try to find a way to say them politely.

1. Could you be any longer?
2. You're about as slow as molasses.
3. How dare you?
4. Too bad for you!

Section 3:
Discuss these questions in your group and come up with good answers.

1. Do words make a difference? Can *how* someone says something, change *what* they mean?

2. If someone is rude or says something mean, what do you think of them as a person?

3. Why is it extremely important to write considerately while online?

4. Can things be taken the wrong way online? For example – you write something as a joke and it isn't taken that way – Why?

5. What are three pieces of advice/tips to ensure you aren't mean or bullying online?

Level Orange

What is Cyber Bullying?

Scenario 1:
Diane is very quiet and shy. She finds it hard to make friends. She just transferred to a new school. During class one day she overheard all the other kids talking about an online chat room they hang out in. She logged on and realized they were making fun of her in it. Now she doesn't want to go back to school. What should she do?

Scenario 2:
Bryan is 12. He knows he isn't supposed to go on the computer unsupervised at his house. However, when he was with a bunch of friends at Joey's house, they decided to get online together. They sent out over a hundred mean and nasty emails to other kids. Bryan isn't comfortable with it – especially since some of them were threatening, but he doesn't want to lose his friends. What should he do?

Scenario 3:
Jason was really popular around school, at least until he dumped his latest girlfriend. It seems she has gone a little psycho now. He even found out she had posted a website all about him. Some of the stuff on there is a little scary. He is afraid she is obsessed. What should he do?

Scenario 4:
Brianna loves to instant message after school. Yesterday though she kept getting these weird IMs from a person who threatened her. This person said that just because she was nice and sweet didn't mean she was safe - that she could be hurt just like anyone else. These messages really frightened her. What should she do?

Level Orange