

9th GRADE: BULLYING

LESSON 2 OVERVIEW

Cyber-Image

**Lesson Time:**

30 Minutes

Materials Provided:

- Video: "[Let's Fight This Together](#)" (6:30)
- Video: "[The Cyberbullying Virus](#)" (4:39)
- Lesson Slides [Download](#)

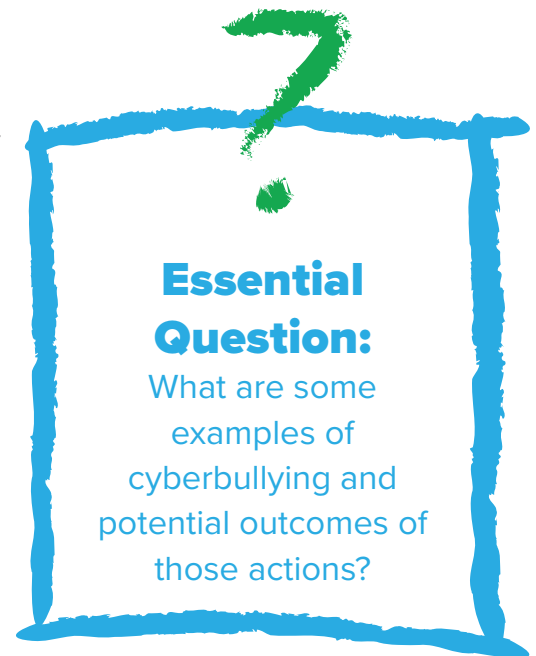
Materials Needed:

- Projector with Video/Audio Capability
- Whiteboard or Chart Paper with Markers

Objectives:

Students will be able to...

1. Identify their digital footprint and key points of internet safety.
2. List pros and cons of social media.
3. Provide examples of bullying and explain the consequences of those examples.
4. Predict potential outcomes for all parties in cyberbullying situations.



Cyber-Image

Lesson Introduction: (2 minutes)

The internet and social media allows you to stay connected at all times. This is your way of life. When you think about it, you really don't know or barely remember a time without total access to the world. Without a doubt, online access makes many things about our lives more convenient. We will talk about those today; however, there are some drawbacks to constant contact with other people. Because of this you may feel overwhelmed with the invasion of your privacy and space. Today our lesson focuses on the subject of digital bullying, also known as cyberbullying. As we have this discussion, I expect everyone to treat this matter seriously and show great respect for the subject and one another.

Core Lesson: (20 minutes)

Slide/Handout



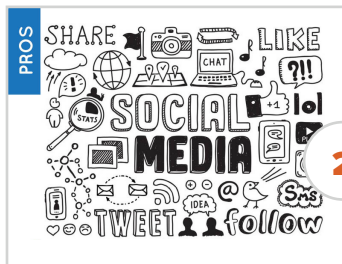
Lesson Script/Talking Points

Slide 1

Show video then discuss. "[The Cyberbullying Virus](#)" video (4:39)
Published on Mar 22, 2012

This is a PSA Web Video produced through STRUTT Central's social awareness component in their programs for girls.

You see messages like the ones in this video all of the time. It's not ok to mistreat people.



Slide 2

First, what are some of the social media or sites that you use most often? (*Allow for response and be sure they have included Instagram, Twitter, SnapChat, YouTube, Pinterest, Online Gaming.*)

So what are some of the things you enjoy about social media? (*Allow students to share all that they enjoy about it, and show next slide with some advantages to social media and online access.*)



Slide 3

Taking the comments that the students have suggested, discuss this list of advantages to having online contact.



Slide 4

With all of the advantages of social media, you have to be aware of the dangers and start protecting yourself now. Social media can quickly turn to a controlling situation because it fills a space in your daily routine, can have control over you, can cause drama, create pressure, can be intense and never-ending. You have probably opened an app, planning to scroll for 5 minutes and then realize it's been an hour. It can quickly take control of our time and minds.

Core Lesson (cont)

Slide/Handout



5



6



7

Lesson Script/Talking Points

Slide 5

Social Media is never ending which allows you to be connected at all times. While this may seem like a positive, unfortunately, this can lead to a false sense of security, contact that is inescapable, a lack of boundaries for some people, and sometimes even not always knowing who you are talking to. These cons are not only risky, they can even in some cases put a person in great danger socially, emotionally, or physically.

Slide 6

Some concerns about social media, misbehavior, and bullying are that people are literally hiding behind screens. We watch fictional television shows on a screen, and perhaps people begin to think of their online activity as a fictional drama as well, but the consequences are very real for both the victim, the one who bullies, and even those who silently standby.

- What we post or view on social media can be anonymous, making people more likely to post something they would never say to someone's face.
- We also know that when we use words with no nonverbal cues such as facial expressions or hear a person's tone, we lose meaning and intent. We can easily misinterpret what we're seeing and have feelings and reactions escalate unnecessarily.
- People's reactions cannot be seen. This leads to a variety of possibilities such as deep hurt and suffering. Even if they do not suffer in silence, they may attempt to retaliate, causing situations to escalate.
- This creates a lack of empathy - in other words we don't always think about how our words will make someone else feel.
- Because people have literally hundreds of followers, situations grow and get out of control very quickly. The consequences of this can be far reaching from personal strife to self-destructive reactions to criminal charges.

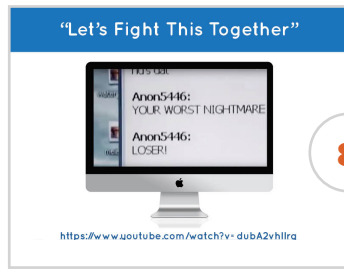
Slide 7

Let's talk about some examples of activity that would be considered CyberBullying.

- Sending someone nasty or threatening texts or messages
- Posting nasty comments about another person on a social networking site (Twitter, Snapchat, etc)
- Laughed at, liked, or shared a post in which someone who is being picked on or humiliated?
- Defiant or hostile attitude towards others
- Pranking someone's cell phone
- Hacking someone's social networking profile
- Being rude or mean to someone in an online game
- Spreading secrets or rumours about people online
- Pretending to be someone else to spread hurtful messages online

Core Lesson (cont)

Slide/Handout



8

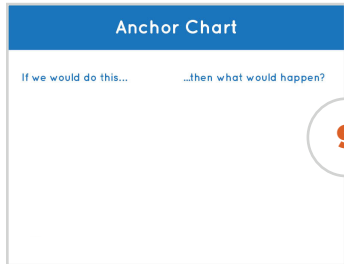
Lesson Script/Talking Points

Slide 8

Show video then discuss. “[Let’s Fight This Together](#)” (6:30)

How did you feel as you were watching this video? *(Allow for responses.)*

What are some ways that you can fight cyberbullying? *(Allow for responses.)*



9

Slide 9 Activity: Anchor Chart

To close our lesson, let’s brainstorm and create an Anchor Chart called “If We Do This, Then...Could Happen” Based on what we know what are some choices and consequences of different online problems.

(Allow for responses. Add students answers to the anchor chart and discuss. Example answers can be found below. Ensure through this activity that students understand that their actions online, no matter how small, can have great impacts to those around them.)

Example of Anchor Chart:

If we do this...then what could happen...

Include both positive and negative examples. See lesson plan for examples.

If we would do this...	...then what could happen?
Share a nude picture	Form of bullying that is defamation of character
Hateful text/snapchat	Form of bullying that causes unnecessary stress and anxiety and potential disciplinary action
Comment on someone else’s mistreatment of another	Form of bullying that could cause victim to feel isolated and helpless
Spreading secrets or rumors about someone online	<ul style="list-style-type: none"> This could be punishable at school if brought to the school’s attention Creates serious social and emotional strife for victim
Speak up with kind words when you see a post	Encourage someone to have hope
Speak to an adult about what you’ve seen	Help that could stop the problem

Core Lesson (cont)

Closing: Essential Question (8 minutes)

What are some examples of cyberbullying and potential outcomes of those actions? *(Allow for responses.)*

Cyberbullying can and does occur in numerous ways and can have deep and lasting impacts on those that are a victim of it. Although having constant access to the world allows us to stay connected, it also comes with a great responsibility to ensure that those we have contact with are safe and supported.

References:

- STRUTT Central. Langley Schools Music Project. (2012, March 22). “The Cyberbullying Virus.” Retrieved from https://www.youtube.com/watch?v=-5PZ_Bh-M6o
- Childhood International “Let’s Fight It Together” (6:30) Retrieved from <https://www.youtube.com/watch?v=dubA2vhllrg>

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