

## Digital Citizenship Lesson Plan

### What is Cyberbullying?

<b>General Topic (as defined in the Digital Literacy Framework)</b>	<b>DD1</b>
Digital Citizenship d) Cyberbullying	
<b>Applicable Grade Range</b>	
K-2	
<b>Outcome(s) to be Addressed</b>	
The student understands what cyberbullying means and what he/she can do when he/she encounters it.	
<b>Importance / Significance of Lesson</b>	
Cyberbullying is becoming more and more predominant in today's digital age. Students, even at such a young age, need to be able to recognize cyberbullying and react effectively in order to minimize the potential for harm.	
<b>Duration</b>	
30 minutes	
<b>Overview</b>	
Using a computer hooked up to a projector the class, led by the teacher, will create two PWIM (Picture Word Inductive Model: <a href="http://olc.spsd.sk.ca/De/PD/instr/strats/pwim/index.html">http://olc.spsd.sk.ca/De/PD/instr/strats/pwim/index.html</a> ) pictures surrounding the concept of cyberbullying. They will then brainstorm a listing of what cyberbullying can look like, how it can make you feel and effective ways to react to it.	
<b>Required Resources</b>	
Computer hooked up to a projector Smartboard (if available) Copies of the attached resources	

## Lesson Plan and Extension Activities

Using a projector, look at the picture under topic 1 (attached). Ask students to describe what they see in terms of bullying and list it either on the picture (using a Smartboard pen or different coloured ink) or by making a list below the picture. Encourage the students to focus on the bullying, noting how each student feels, and ask why they think it might be happening, how long it might have gone on for, why nobody is stopping it, etc.

Do the same for the second picture and note that now the bullying is happening online. Ask students if they have ever experienced cyberbullying before and that might help them to be able to list what cyberbullying is.

Tell the students a definition of cyberbullying: the use of [information technology](http://en.wikipedia.org/wiki/Information_technology) to harm or harass other people in a deliberate, repeated, and hostile manner. (from <http://en.wikipedia.org/wiki/Cyberbullying>) (you will have to translate this definition into 'kidspeak' for younger grades.

Together, fill in the chart that compares how bullying and cyberbullying are the same and how they are different. Here are some ideas to help you along:

Similarities:

Both involve a bully and someone being bullied

Both cause hurt, trauma and depression – the effects of which can last a lifetime

Both can lead to police involvement

Both are wrong

Differences:

Cyberbullying can be anonymous – so the victim may or may not know their attacker

Cyberbullying can happen close to home or from across the world

Cyberbullying often involves digital media (pictures or videos) where the victim is threatened with public embarrassment on a large scale if they don't follow the bullies demands

Cyberbullying spreads quickly. Texts, social media and access to smartphones makes the scope of the cyberbullying much larger and often follows the victim, even if they move or change schools.

Cyberbullying posts are hard to erase as they are reposted many times by many people.

Cyberbullies can reach their victims anytime and anywhere, it is not just limited to the schoolyard.

Together fill in the second chart, listing ways that cyberbullying can make you feel and what it can look like. Help students to brainstorm as many examples as they can as this will help them to recognize it if it ever happens to them.

Finally, go over some ways that students can avoid being bullied online listed. At this age students should not be online without a parent or teacher present, but these 'rules' are good guidelines to follow and can be printed off and posted in the classroom to remind students what they can do if they see or experience cyberbullying.

### **Adaptations**

Older students could do similar activities on their own or in small groups with less teacher support.

### **Additional Resources**

There is a huge collection of anti-cyberbullying resources available. Here are just a few links to check out:

<http://www.nsteens.org/videos/cyberbullying>

<http://old.digizen.org/cyberbullying/fullFilm.aspx>

<http://mediasmarts.ca/cyberbullying>

<https://www.common sense media.org/videos/cyberbullying-prevention-tips-for-kids>

<http://mediasmarts.ca/cyberbullying/resources-teachers>

<http://www.cyberbullying.info/resources/resources.php>

A simple web search on 'cyberbullying resources' pulls up lots of useful resources and activities.

### **Cross-curricular Outcomes Also Addressed**

Health and Career Planning – being a good friend

Language Arts – making organized lists, communicating to share information

~developed by Kristin Sward, 2014



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Topic 1 – picture credit [www.theguardian.com](http://www.theguardian.com)

Use either a Smartboard or in word using text of a different colour, list all the things you see in this picture related to bullying.

What is bullying?



Or make a list here of things you see:

Topic 2 – picture credit [www.safetyweb.com](http://www.safetyweb.com)

Use either a Smartboard or in word using text of a different colour, list all the things you see in this picture related to cyberbullying.

What is cyberbullying?



Or make a list here of things you see:

# Bullying and Cyberbullying

How are they...

The same?	Different?

# Cyberbullying

What does it look like?	How can it make you feel?

What can you do if you see cyberbullying or if you are being bullied online?

- 1) Don't respond to the messages, ignore them and leave the website where it is happening.
- 2) Block the person sending hurtful messages or pictures.
- 3) Take a screen shot or copy of the evidence – the hurtful message or inappropriate comment or picture.
- 4) Share the evidence with a trusted adult who can help you.
- 5) Stand up for yourself and others online. Don't let cyberbullies win.

Information from: <http://www.stopbullying.gov/cyberbullying/what-is-it/>