



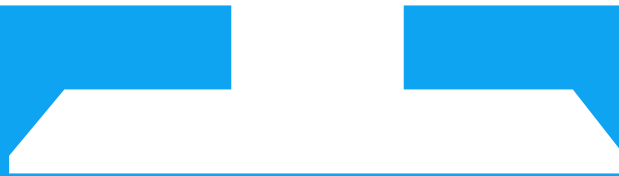
What to do if...

you see cyberbullying

lesson plans for talking about social networks in your classroom



askfm



What to do if you see cyberbullying?

This module is part of a series of short modules on staying safe online. Its aim is to provide teachers with a simple framework for discussing important digital issues with their class and facilitate young people.

Class: Key Stage 3

Time: 20 Minutes (plus 5 minutes for safe space if needed)

Learning objectives: We are learning about how we can react positively if we see other people being cyberbullied

Learning outcomes: Young people have discussed the challenges of witnessing cyberbullying and come up with ideas on how they can react positively and support others who might experience cyberbullying.

Resources: A screen to watch the video on, space for students to move around

Preparation: A clear classroom with room to move around.

Optional safe space: It's important to create a safe space where young people feel comfortable talking openly and honestly about these issues without feeling judged. In order to facilitate this, explain to the students that you will be talking about important issues and you want them to feel comfortable doing this, ask them what they might need from you and the rest of the class in order to talk freely and without judgement. It can be a good idea to first put up your some of your own requirements such as "listening", "respect for one another's opinions" and "openness". Make sure that you write up what the students are saying somewhere visible and ask them to explain their points as you put them up. At the end of this, check that all the students agree to uphold the requirements on the board. If any students disagree, ask them to explain what they don't like and why, feel free to adjust until the whole class agrees to help maintain the safe space.

Lesson Content

1. (3 minutes) **Ask** the students to stand up, explain that you're going to give the students some scenarios and based on those scenarios you want them to stand in one of three sections. They can only stand in one section at a time, and they have to make a choice, but they can move if they are persuaded by a fellow students point.
 - a. Vocally divide the classroom into three sections
 - i. One wall is the "comfort zone", students should stand here if they feel like they feel unfazed by the scenario, it's well within their capabilities
 - ii. The middle wall is the "challenge zone", students should stand here if they feel that in order to complete this scenario, they would have to push

themselves, they might feel discomfort at the prospect of starting it, but it's worthwhile doing

- iii. The third wall is the "panic zone", students should stand here if the idea of the situation frightens them, if they feel like it is something they could not do at all
2. (7 minutes) Give the students the following scenarios, after reading out each scenario **pick** some students from different groups to explain why they are standing where they are, make sure you affirm each student who puts their point across.
 - a. (Start simple so they get the idea) Eating snails
 - b. If they were being bullied
 - c. If they saw someone they knew being picked on in the playground
 - d. If they saw someone they knew being cyberbullied, and they had to step in
 3. (8 minutes) Freeze people in question D, **explain** that you want to explore this a little more:
 - a. Why are the people in the "comfort zone" there? What would they do to help out
 - b. Why are the people in the "panic zone" there? What support would they need in order to feel comfortable? What steps could they take to support the person being bullied safely and effectively
 4. (2 minutes) Thank the students for their participation and ask them to keep thinking about the steps they could take as they watch the video: <https://youtu.be/r2TVY67OqyA>
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Extension Work: Discuss what they learnt with other students at their school, perhaps they could create a drama piece about stepping in and helping others.

Homework: Ask each students to come up with an inspirational message they could send to someone they saw being cyberbullied, share their ideas with others