



What to do if...

you're being bullied online

lesson plans for talking about social networks in your classroom



askfm



What to do if you're being bullied online

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 of optional safe space)

Learning objectives: We are learning about what we can do if we're being cyberbullied

Learning outcomes: Young people have a firm awareness of what cyberbullying is and what actions they can take if they experience it

Resources: A3 sheets for each group, pens, and post-it notes

Preparation: Group the young people and distribute the sheets of paper and pens

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) Put the students into groups of 4-5, ask them to come up with a group definition of cyberbullying
2. (3 minutes) **Ask** them to share what their definition is and create a class definition of cyberbullying. (For guidance our definition is: cyberbullying is using mobile phones or internet connected devices to make someone feel upset, uncomfortable and unsafe. This is usually deliberate and repetitive) Write this definition somewhere visible
3. (2 minutes) **Ask** the students why cyberbullying might be an important issue to discuss
4. (5 minutes) Once this has been established give each group a sheet of A3 paper and **ask** them to draw a line down the centre

- a. On the left hand side they should write down positive actions they could take online if they were being cyberbullied (e.g. reporting to the social network, blocking the person, saving the evidence. See *“What to do if you’ve received a negative message online”* for more ideas).
 - b. On the right hand side they should write down positive actions they could take offline if they were being cyberbullied (e.g. tell a teacher, take 5 minutes for themselves, stay positive by doing the things they love)
5. (4 minutes) **Distribute** post-it notes to each student, **ask** the students to create a flow chart of which steps they would take and in what order using the post it notes. Show them this video for inspiration: <https://youtu.be/DdULe8LN1ow>
 6. (3 minutes) **Ask** each group to share their flow chart, explaining why they created the order they did.
 7. *Optional:* These flow charts can be decorated and enhanced further and placed around the school as part of an awareness raising campaign. They could also form the basis of a peer-led assembly or school website post.
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Extension Work: Do some research on where can help you if you’re being cyberbullied, what websites are helpful, what are the numbers of helplines.

Homework: Talk with your parents/guardians about what you discussed in class, ask them what they’d want you to do if you were being cyberbullied.