**Cyberbullying Lesson for Students in Junior Grades**

* Put students into pairs or small groups. Ask each pair/group to make a list of what they know about cyberbullying.
* Have each pair/group share and compare their lists. Write important points on another poster paper or board.

Some important points to consider regarding cyberbullying:

* Spreading gossip, rumours, mean or hurtful comments through electronic devices (phones, iPad, laptops, etc..) social media or email/text which can damage a person’s reputation
* Posting false or hurtful messages on online bulletin boards or in chat rooms
* Can involve pictures meant to embarrass or harm someone
* Creating blogs or websites that have stories, cartoons, pictures or jokes ridiculing others
* Engaging someone in instant messaging, tricking them into revealing personal information and then forwarding that information to others
* Deliberately excluding others from instant messaging and email
* Using someone else’s password in order to change their profile to reflect sexual, racist and other content that may offend others
* Offending anyone online
* Can be a criminal offense, punishable by law
* Show a video on cyberbullying (link below) and explain to students that this is a very sensitive and personal topic but it’s also very important that students be aware of what it is, its effects and how to prevent it. Tell students that they will need to answer questions about the video after watching. (Your choice to provide questions beforehand)

<https://www.youtube.com/watch?v=916K8xRxQZw>

After video, ask students:

1. What do you think phones are good for?
2. What are some of the effects of cyberbullying?
3. What does “Think before you post” mean?
4. How can we stand up to cyberbullies?
5. What are the 3 tips to remember if you are being cyberbullied?
6. Why is the phrase “What we say to each other matters” important?

**Culminating Activity**:

* Define the following words on the board:

**Bystander-** A bystander observes the conflict or unacceptable behavior but does not take part in it.

**Ally-** An ally is someone who responds to the bullying situation by supporting the person being bullied (e.g., checking in with them, being a friend to them, etc.).

**Upstander-** An upstander tries to stop the bullying by confronting the person who is bullying directly or by telling a trusted adult.

* In groups, have students create a scenario of cyberbullying (or provide a scenario for them- below is a link to website containing possible scenarios) <https://www.esafety.gov.au/educators/training-for-professionals/professional-learning-program-for-teachers/cyberbullying-scenarios>
* Students must demonstrate their understanding of cyberbullying by including its effects and how to prevent it. They must also show at least 1 of the definitions (bystander, ally or upstander).
* Have students present their scenario to the class and have a class discussion afterwards.

There are many good online resources. Here are a couple of useful websites to learn more about cyberbullying. <https://www.prevnet.ca/bullying/cyber-bullying>

<https://www.esafety.gov.au/educators/training-for-professionals/teachers-professional-learning-program>

The tips below are intended to keep children safe on the internet. Please feel free to print out on a separate sheet and hand out to students.

**Tips To Keep YOU Safe On The Internet**

1. Only communicate with people you know. Sometimes on the internet, people are not who they say or appear to be. Do not accept a friend request from someone you do not know in real life.

2. Never send a picture or give out personal information to someone you don’t know. Once things are posted on the internet, you can’t control who the information is shared with. Even if you remove the original content, if someone has reposted it, it can still be on the internet and can be impossible to remove completely. NEVER EVER send a picture of you with no clothes or some clothes taken off even if they are your friend. Watch the link below for more information.

<https://dontgetsextorted.ca/>

3. Never meet anyone you do not know in person.

4. Understand that some apps have additional charges. Always enable settings that ensure parental permission is needed to authorize any charges.

5. Always check with a safe adult before downloading a new app. Have that adult enable settings to protect you and your privacy.

6. Never click on a link that a stranger or unfamiliar email sends you. You could be sending personal information.

7. Follow rules about time limits set on using devices. Even if your parents haven’t set limits, try to do other things such as read, art, or get outside. Life has to be balanced and too much screen time can have a negative impact on your health- mentally and physically.

8. If you are being bullied or cyberbullied, you can report it to the social media app or contact the police if it is a criminal offense. To learn more about cyberbullying and reporting, please check out: <https://www.rcmp-grc.gc.ca/en/bullying/impacts-and-consequences-bullying-and-cyberbullying>

9. Remember that if you have any questions or feel unsafe or “weird” about anything you come across on the internet (an inappropriate request, picture, comment) you can talk to a safe adult.

10. The internet can be a wonderful resource for learning and a fun way to socialize. The above tips are not meant to scare you away from electronic devices, but to keep you safe. So have fun with this interactive game about being safe on the internet. <https://www.zoeandmolly.ca/app/en/>.

**HAVE FUN AND BE SAFE!**