Hero

TEACHER'S GUIDE
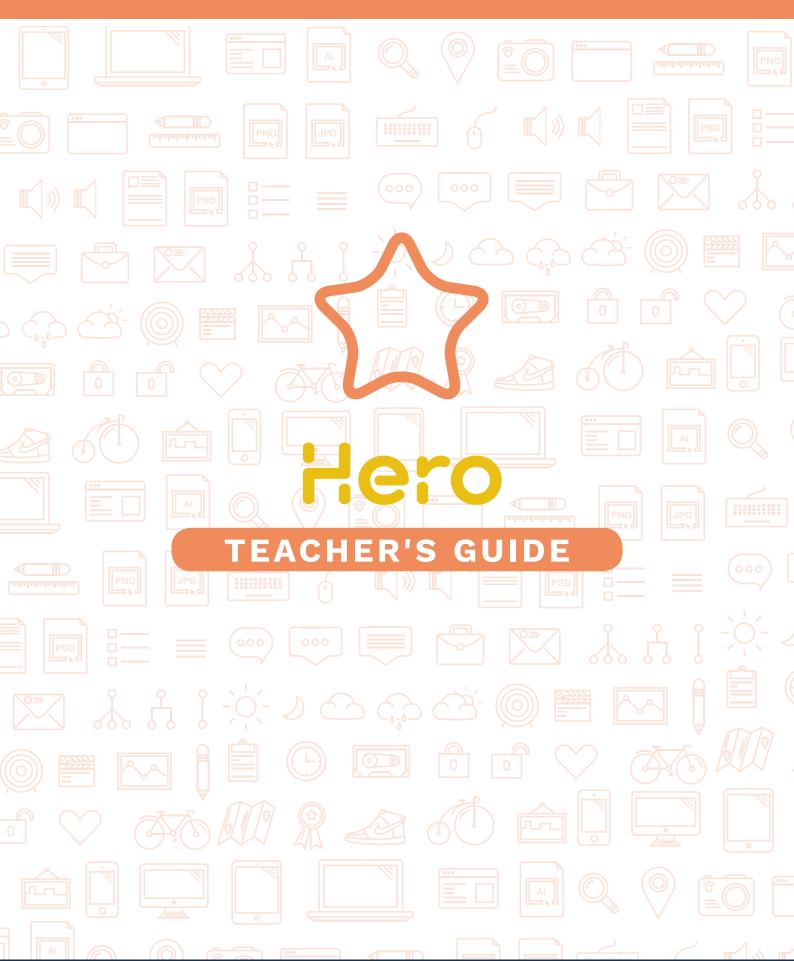
Learning areas - Australian curriculum

This activity has been designed for students aged 8-10 years.

It can be run with older primary school aged students where appropritate. This activity supports learning in the following area of :
* Health and Physical Education
* Technologies

TARGET
Age group
8-10 YRS

LESSON
Duration
35-45min

LEARNING OBJECTIVES

By the end of this activity students will be able to:

* Identify what cyberbullying is
* Describe and use strategies in situations where they feel cyberbullied
* Recognise when to seek help in cyberbullying situations
* Be a positive bystander in a cyberbullying situation

Cybersmart Hero - Completing the activity

PART 1 - Cybersmart Hero video

20-25 minutes

(including class discussion during the video)
esafety.gov.au/cybersmarthero

PART 2 - Post activity lesson

30 minutes

This is designed to reinforce messages in the video and can be completed immediately after the video presentation or as a follow up/separate lesson.
esafety.gov.au/cybersmarthero

BEFORE YOU START

The activity is designed to run on all media including desktop computers, tablets or electronic whiteboards. You will need access to the internet to play the video. It is advised to view the video in full before running the activity with your students. The video runs for 6 minutes.

THE VIDEO

The video is a teacher-led activity so it is best viewed on a large screen or electronic white board. The teacher stops the video at the pause break (or whenever you feel necessary) and facilitates the class discussion.

MID VIDEO - Discussion break

The question asked is 'Do you think it's alright to have a competition like this? Why/why not?' We suggest that students take 2-3 minutes to discuss the questions with the student sitting next to them.

You may wish to pose additional questions, such as:

* Why would Riba be wanting the others to make comments?
* Should the group be sharing passwords?
* What could happen when you share passwords?
* How could you be a Hero to Anna?

Alternatively, these additional questions could be used at the end of the video if class discussion flows from the initial question.

END VIDEO - Discussion break

Possible questions to ask once the video is finished:

* When Hero realised what Riba was doing what actions did she take?
* What could she have done?
* When does making funny comments about someone become bullying?
* What actions can a bystander do when they recognise that someone is being cyberbullied?
* What are the rules about cyberbullying?
* Report the bullying to comeone you trust straight away - like a parent, sibling, uncle, aunt, teacher or friend.
* Don't join in - don't comment on posts, images or videos that could hurt others.
* And remember, always support your friends online and offline.
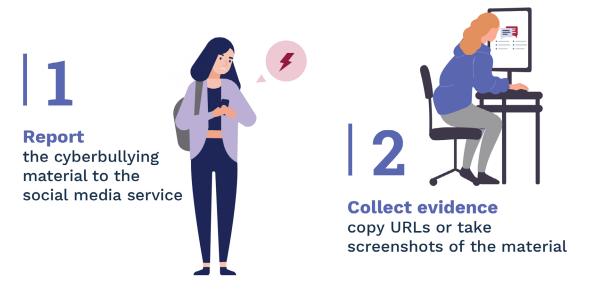
AN ADDITIONAL RESOURCE

A second activity in this series is Cybersmart Detectives. This activity reinforces messages about personal safety and protective measures for dealing with strangers online.

Certificate

You also can download a Certificate of Completion to pass onto students that have completed the activity.

How to report
cyberbullying material

1

Report
the cyberbullying
material to the
social media service

2

Collect evidence
copy URLs or take
screenshots of the material

If the content is not removed within 48 hours apply steps 3 and 4

3

Report it
esafety.gov.au/report

4

Block
the person and
talk to someone
you trust

If you are in immediate danger, **call 000** (triple zero)
If you need to talk to someone, visit kidshelpline.com.au or call them on
1800 55 1800, 24 hours a day 7 days a week

Australian Government | eSafety Commissioner

esafety.gov.au