

# #REWRITEYOURSTORY

## Jarrold lesson plan

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**Topics:** Cyberbullying, online drama, fake profiles, fake photos, sharing nudes, image-based abuse, digital reputation, digital footprint, respectful online relationships

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**Target age group:** Lower and middle secondary

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**Lesson duration:** 15 - 45 minutes

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**Story synopsis:** Jarrod's best friend Caleb shows him nude photos of Mia. The photos spread quickly, deeply affecting her. Then Jarrod finds out Caleb has doctored the photos – they are not really of Mia, even though everyone thinks they are. Jarrod needs to make a choice ...

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**Discussions may lead to students disclosing personal welfare issues. Teachers should consider if appropriate professional support is required.**

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### Recommended teaching approach

1. Instruct students to watch the video.
  2. Use the attached **Activity instructions** to generate discussion about online safety. You may like to print the instructions for students.
  3. **OPTIONAL:** Invite students to complete the personal reflection activity in class or at home. You could suggest a standard written response or the use of creative forms such as art, poetry, a screenplay or music.
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### **Lesson purpose**

By the end of the learning, students will:

- be able to define cyberbullying and image-based abuse
- understand the concept of ethical online behaviour
- critically analyse the impact their decisions and actions can have on themselves, their family members, the school community and others
- be familiar with relevant eSafety resources and services
- know how to report cyberbullying and image-based abuse.



### **Australian Curriculum links**

This activity addresses Australian Curriculum Health and Physical Education and Digital Technologies outcomes including:

- Evaluate factors that shape identities and critically analyse how individuals impact the identities of others (ACPPS089)
- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074).

It addresses elements of:

- Personal and Social General Capabilities including self-awareness and self-management
  - Ethical Understanding General Capabilities including exploring values, rights and responsibilities.
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## Activity instructions – Jarrod’s story

### 1. Watch the video – [Jarrod’s story](#)

### 2. Main discussion question

Describe three **cyberbullying** or image-based abuse behaviours in the video.

### 3. Answer the following questions

- Image-based abuse is the sharing of intimate images or videos without the consent of the person shown. Why do you think this includes fakes?
- How does this image-based abuse impact on Mia and how could it affect her in the future?
- Mia’s friends are really worried about her hurting herself. How do you think they could help?
- List the steps Mia could take to have the images removed online.
- Do you think Jarrod should speak up about the actions of his friend, Caleb? Why or why not?
- What could Jarrod have done differently, to ‘rewrite’ his story?

### 4. Explore other eSafety resources

Choose one or more, depending on the time available:

- Discuss the strategies outlined in [My nudes have been shared](#). What advice would you give Mia based on this information?
- How could Jarrod use the information in [Support for image-based abuse](#) to help Mia?
- Read [FAQs about making an image-based report](#) and list who can report image-based abuse to eSafety.
- Read [How to collect evidence](#) and list what Mia could provide to eSafety’s investigators.

### OPTIONAL Personal reflection follow-up activity

Respond to the following:

- If my friend was in the same position as Mia, I would ...
- If someone shared intimate images of me, I would ...
- It could be hard for Jarrod to speak up about the fake images because ...

You can’t undo the past, and you can’t change the actions or words of other people, but you **can** Rewrite Your Story.

## How to get help

### **eSafety Commissioner**

eSafety can help you deal with various types of online abuse including serious cyberbullying, image-based abuse (sharing or threatening to share an intimate image or video of someone without their consent) and the posting of illegal online content (showing sexual abuse or other extreme violence).

[esafety.gov.au](https://esafety.gov.au)

### **Kids Helpline** 1800 55 1800

Kids Helpline is a free, private and confidential phone and online counselling service for young people aged 5 – 25 in Australia. It's available 24/7, so you can contact Kids Helpline at any time on any day.

[kidshelpline.com.au](https://kidshelpline.com.au)

### **Lifeline** 13 11 14

Lifeline provides free, confidential crisis support and suicide prevention services. It's available 24/7, so you can contact Lifeline at any time on any day.

[lifeline.org.au](https://lifeline.org.au)

### **Beyond Blue** 1300 22 4636

Beyond Blue provides information and support to help everyone in Australia achieve the best possible mental health, whatever their age and wherever they live.

[beyondblue.org.au](https://beyondblue.org.au)

### **eheadspace** 1800 650 890

eheadspace is a confidential, free, secure space where young people 12-25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

[headspace.org.au/eheadspace](https://headspace.org.au/eheadspace)

### **Bullying. No Way!**

Bullying. No Way! Provides information on ways individuals, schools and communities can work together to help schools create learning environments where every student and school community member is safe, supported, respected and valued.

[bullyingnoway.gov.au](https://bullyingnoway.gov.au)

### **Youth Law Australia**

Youth Law Australia provides free, confidential legal information and help for young people under 25.

[yla.org.au](https://yla.org.au)

### **Australian Human Rights Commission Human Rights**

The Australian Human Rights Commission is an independent third party which investigates complaints about discrimination and human rights breaches.

[humanrights.gov.au](https://humanrights.gov.au)