

#REWRITEYOURSTORY

Marko lesson plan



Topics: Cyberbullying, online drama, digital reputation, digital footprint, peer pressure, respectful online relationships



Target age group: Lower and middle secondary



Lesson duration: 15 - 45 minutes



Story synopsis: Marko is new at school and feeling lonely. When Bec and some other girls become his friend the guys are jealous. They harass and threaten Marko online and spread messages about bashing him up. The pile on is affecting Marko's mental health ...



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



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 – Marko’s story

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

2. Main discussion question

Describe three cyberbullying behaviours in the video.

3. Answer the following questions

- What type of cyberbullying behaviour does Marko experience and how does it affect him?
- Bec says Marko should tell his teachers and parents about the cyberbullying. How can she help him reach out to a trusted adult for help?
- Marko is also being threatened physically. What advice would you give him about that?
- Why do you think other guys are joining in the cyberbullying?
- Discuss the impact of the cyberbullying on Bec and her relationships.
- What could Marko have done differently, to ‘rewrite’ his story?

4. Explore other eSafety resources

Choose one or more, depending on the time available:

- Marko is feeling really down. List three organisations in eSafety’s [Counselling and support](#) services pages that are best suited to helping him, given his age and the issues he’s experiencing.
- Check the information in [How we handle cyberbullying complaints](#). If Marko was worried that reporting the cyberbullying to eSafety would just make things worse, what would you tell him?
- Read [Be an upstander — not a bystander](#) and discuss the strategies Bec could use to support Marko.
- Use the information in [How to make a cyberbullying complaint](#) to create a poster, app or advertisement about the steps – target it to a specific audience (such as other people your age, or parents and carers, or grandparents).

OPTIONAL Personal reflection follow-up activity

Respond to the following:

- I want adults to know (about my online world).
- If someone was harassing or intimidating my friend online, I could ...
- If I needed help with an issue like this, I would turn to ...

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

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

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

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

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

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

Youth Law Australia

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

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