

# #REWRITEYOURSTORY

## Sienna lesson plan



**Topics:** Cyberbullying, online drama, online security, hacking, anonymity, digital reputation, digital footprint, respectful online relationships



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



**Lesson duration:** 15 - 45 minutes



**Story synopsis:** Sienna knows Skye is behind the anonymous cyberbullying of Amy. When Amy's account is hacked and her reputation is damaged, Sienna is not sure what to do. She does not want to be targeted too ...



**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.



### **Lesson purpose**

By the end of the learning, students will:

- be able to define cyberbullying
- 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.



### **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 – Sienna’s story

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

### 2. Main discussion question

Describe three cyberbullying behaviours in the video.

### 3. Answer the following questions

- What type of cyberbullying behaviour does Amy experience and how does it affect her (and her relationships)?
- Why do you think the cyberbullying is anonymous? Does it make it worse?
- Sienna feels stuck in the middle because both Amy and Skye are her friends. What do you think she should do?
- Who could Sienna ask for help?
- List the steps Amy could take to have the abusive messages and comments removed.
- What could Sienna have done differently, to ‘rewrite’ her story?

### 4. Explore other eSafety resources

Choose one or more, depending on the time available:

- Read [Someone is creating drama online](#) and [Be an upstander — not a bystander](#). List the strategies Sienna could use to help Amy.
- Describe how Sienna could use information from the page [I’ve been called a bully](#) and [Your digital reputation](#) to help Skye.
- Look at eSafety’s tips for using [Social media](#) and private messaging apps. Discuss the steps Amy should take to secure her account.
- Use the information on eSafety’s [Counselling and support services](#) pages to work out the best ones to help Amy, given her age and the issues she’s experiencing.

### OPTIONAL Personal reflection follow-up activity

Respond to the following:

- The way my friends behave online can affect ...
- If I was in Sienna’s situation I would ...
- I want adults to understand ..... (about the online world).

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://www.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://www.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://www.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://www.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://www.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://www.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://www.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://www.humanrights.gov.au)