



Hero

LESSON PLAN 1

Cyberbullying—what is it?



This lesson is a helpful teaching tool to use with students following participation in the 'Cybersmart Hero' activity.



TARGET

Age group

Primary



LESSON

Duration

15-45 min

ACTIVITY - 'What do you think?' (10-15 min)

Teacher to display bullying, cyberbullying, not bullying and undecided signs (pages 5 and 6) around the classroom. Read out the 'What do you think?' scenarios (page 3) and ask students to move to the sign that matches their opinion. Students should be prepared to provide reasons to support their choices.

CLASS DISCUSSION - Following 'What do you think?' activity (5-10min)

Class discussion topics will be generated by the 'What Do You Think?' activity. eg.

- * What does cyberbullying mean to you?
- * How do you think you would feel if you were being cyberbullied?
- * What can you do if you or someone you know is being cyberbullied? (bystander)

ADDITIONAL ACTIVITIES

Students can complete the following activities to encourage written responses on the issues of cyberbullying.

Cyberbullying activity worksheet

Students to complete the 'Cyberbullying Worksheet' (page 4) about what cyberbullying looks like/feels like/how to take action.

Additional Information

Further activities in this series are available on the [eSafety website](#).

WHAT DO YOU THINK? -Scenarios

Read the following scenarios to your students and ask them to stand at the sign which they think describes the behaviour: **Bullying, cyberbullying, not bullying, or undecided.**

Scenario	Answer
1. A student creates a fake email address for a new classmate and uses it to send secret admirer emails to another classmate.	cyberbullying
2. Every lunchtime a student tells their friends to play in an area away from a new student.	bullying
3. A student uses a phone to take a funny photo of a friend. They think the pic is really funny so they add an embarrassing comment and send the photo to everyone at school.	cyberbullying
4. A student has a friend that loves horses. Before she gets to school you decorate her desk with pictures of horses and write 'Gina loves horses' on her pencil case. Gina is completely embarrassed when she arrives.	not bullying
5. It is a casual dress day at your school. A student teases someone on the school bus, everyone joins in the name calling.	bullying
6. A student keeps sending anonymous text messages to someone they don't like. That student, the recipient, does not find them funny.	cyberbullying
7. Someone posts a photo of a friend on their Facebook page without the friends permission. The friend asks them to remove it but they refuse.	not bullying
8. A student tells their friends that a girl they don't like has kissed all the boys in the year above yours.	bullying
9. A new student starts at school and quickly becomes the most popular person at school. Someone creates a 'We hate them' webpage and encourages their friends to post nasty messages on it.	cyberbullying
10. A student tells a friend a secret, but doesn't tell them not to tell others. The friend then post this on their Facebook page. The student is devastated.	not bullying

CYBERBULLYING		
LOOKS LIKE	FEELS LIKE	WHAT CAN I DO TO MAKE IT BETTER?

CYBERBULLYING

BULLYING

NOT BULLYING

UNDECIDED

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