**GIRLS GUIDE TO END BULLYING**

Cyber Bullying Lesson Plan

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**CYBER BULLYING LESSON PLAN**

1. **Recognize Bullying** To stop cyber bullying you have to know what it looks like.
2. **After the Bullying** Why you should stand up to bullying: from the victim’s point of view.
3. **If You See Bullying Happening** Most teens agree that they are against bullying, but many do not know what to do about it. Here we will show you what to do and what not to do when you see cyber bullying happening.
4. **If Bullying Happens to You** Sometimes teens do not know what to do when they are being bullied. Here we will provide you with specific actions to take to stop cyber bullying.
5. **Bring it Together** Highlights and things to think about.

**BEFORE THE LESSON**

1. Read Chapter 1: How to Use The Guide in Your Classroom in the Teacher Manual.
2. Read through the Lesson Plan.
3. Read over each of the Group Discussion Topics and Think You Know questions and choose ones you feel will work best in your classroom.
4. Read through and make copies of the activities you feel will work best in your classroom. The activities are located at the end of The Lesson Plan.

**Mini Lesson: Learn what to do when bullying has become extreme.**

All Activities, Group Discussion Topics, and PDFs that are related to the mini lesson are marked by a

**Teacher Manual:** The information covered in the “Teacher Notes” sections in the Lesson Plan is covered at more length in the Teacher Manual. The symbol **TM** will tell you the specific chapter the information can be found in.

1. **Recognize: Cyber Bullying**

To stop cyber bullying, you have to know what it looks like.

 Log on to **GirlsGuidetoEndBullying.org**

Click on Start Guide—On the top of the page click *Cyber Bullying* and select *Recognize Bullying*

1. Instruct the students to read through the “Recognize Bullying” page and watch the video.

**Group Discussion Topics**

* Can you think of other examples of cyber bullying?
  + Voting/rating websites:
    - Rate someone’s attractiveness.
    - Rate embarrassing videos.
  + Using social networking sites:
    - Posting mean statuses about someone.
    - Sending mean or threatening messages.
    - Making pages impersonating someone else.
    - Making mean comments on Twitter.
    - Making subtweets (a tweet about someone without using their actual name).
  + Blogging about other people.
  + Taking embarrassing photos or videos of someone without them knowing and posting online.
  + Using cell phones:
    - Leaving threatening or harassing voicemails.
    - Sending mean texts/group texting.

**Think You Know?**  The answers to these questions can be found below each question on the website.

* When Amber makes the negative comment about Amy on Mike’s wall, do you think she knew Amy would see it? Why did she still do it?
* Do you think what Amber did is bullying? Why or why not?
* How do you think Amy felt when she read the post on Mike’s wall?

**TEACHER NOTES**

* Almost 90% of middle school and high school students say they have been victims of cyber bullying.
* While students are aware of the term cyber bullying many are not aware of the actions that fall in this category.
* Victims feel that the use of videos and pictures is the worst form of cyber bullying.

**TM** Chapter 2: How to Recognize Bullying

OTHER NOTES:

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**TEACHER NOTES**

* Students often shift roles in cyber bullying. Those who bully online are often victimized in school and those who are bullied in school become bullies online.
* Twitter has become the new hot spot for cyber bullying. Students feel that subtweeting (talking about someone in a tweet without using their name) is common and can be distressing to the victims.

OTHER NOTES:

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**Take Home Points:**

*The following information is important for students to understand once you have completed this section.*

* **You can’t stop cyber bullying if you don’t know what it looks like.**
* **Cyber bullying happens through social networking, cell phones, and instant messaging.**
* **Actions such as a subtweet may not always seem like cyber bullying, but if the action is intended to hurt someone physically or emotionally, it’s bullying.**
* Is this type of bullying common? Why do you think it is or is not common?

**TEACHER NOTES**

* Recently, teen suicides have been linked to cyber bullying. Although cyber bullying can have serious consequences, students who are being cyber bullied are almost always being bullied in other ways too.
* Students who are chronically cyber bullied are 3 times more likely to experience severe depression.
* Because cyber bullying is done online, the perception is that “everyone knows about it.” This can be painfully embarrassing for the victim and may cause victims to skip class or other school functions and avoid social interaction.

OTHER NOTES:

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**Take Home Points:**

*The following information is important for students to understand once you have completed this section.*

* **When using cyber bullying, bullies do not have to face their victims and may say or do things with extreme viciousness.**
* **Cyber bullying can have serious effects for the victim leaving them feelings humiliated and embarrassed.**

1. **After the Bullying: Cyber Bullying**

Why you should stand up to cyber bullying: from the victim’s point of view.

1. Instruct the students to read through the “After the Bullying” page and watch the video.
2. **“Learn the Effects of Cyber Bullying (PDF)”** – Read through this information with the students.

Students underestimate the emotional effects of bullying. This will help students form empathy for the victim and may increase their willingness to help.

**Think You Know?**

* Why does Amy ask her mom to pick her up from school? How can this make the situation worse?
* Why might cyber bullying hurt more than other forms of bullying?
* Put yourself in Amy’s shoes. How would you feel if this was happening to you?

1. **If You See Bullying Happening:**

**Cyber Bullying**

Most teens agree that they are against bullying, but many do not know what to do about it. Here we will show you what to do and what not to do when you see cyber bullying.

1. Instruct the students to read through the “If You See Bullying Happening” page and watch the video.

**Group Discussion Topics**

* Many students think that if they hear about bullying but don’t see it, they aren’t playing a role in it. Why is this not true?
* A bystander is anyone who sees or hears about bullying.
* If you hear about bullying and do nothing about it, you are still showing support for the bullying because you are not standing up to it.
* This often happens in cyber bullying. Bystanders hear about bullying that is happening on Facebook and Twitter and instead of helping the victim they log in to watch the “drama” unfold. This is showing support for the bully.
* Think about the differences between how a victim feels after they have been bullied and no one stands up for her versus someone standing up for her and comforting her.
  + If no one stands up for her she probably feels:
    - Sad.
    - Depressed.
    - Like everyone hates her or feels the same way as the bully does.
    - Alone
  + If someone stands up for her or comforts her she:
    - Feels supported.
    - Feels less depressed.
    - Has higher self-esteem.
    - Feels like she can handle the bullying situation better.

**TEACHER NOTES**

* For teachers, cyber bullying can be hard to spot. The best thing you can do is encourage students to talk to you when cyber bullying happens and encourage bystanders to stand up to it.

**TM** Chapter 5: Encouraging Bystanders to End Bullying

**TM** Chapter 3: Addressing Bullying When You See it

* Some ways to encourage students to talk to you are letting them know you are there to talk or reminding them about the different ways they can report bullying. Provide an email address for students to use to contact you.

**TM** Chapter 7: Practical Strategies for Ending Bullying in Your School.

OTHER NOTES:

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**Activities**

* **I Play a Role (Cyber Bullying):** This activity will help students think about a time they witnessed bullying, the role they played and what they can do next time they see it.
* **Nice It Forward :** This activity will help students think about how they can use social media in a positive way to fight bullying.

**Think You Know?**

* First Laura encourages the bullying. Do you think she really feels this way about Amy?
* When Laura’s friend says, “Well, it’s not me, so I can laugh about it.” Do you think this is supporting the bullying? Why or why not?
* What other things could Laura have done?

**TEACHER NOTES**

* Often the bully or the group who is doing the bullying doesn’t know the victim that well. But a negative image of the victim is reinforced through what people say about them. This can cause other bystanders to form a negative view of the victim as well.

OTHER NOTES:

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**Take Home Points:**

*The following information is important for students to understand once you have completed this section.*

* **You are a bystander if you read it, see it, or hear about it.**
* **The best thing to do is support the victim by asking if she is okay and telling her you do not agree with the bully.**
* **Making positive comments on the victim’s page or on the page where the bullying is happening can show you do not agree with the bullying.**

**Teacher Notes:**

* This is the least reported type of bullying. It is important that you make sure students know they can come talk to you about anything, even cyber bullying and there are things you can do to help them.
* If a victim does come to you, be prepared for her to be very upset. Being cyber bullied often involves wide spread public humiliation and this can be very distressing to teens.

**TM** Chapter 4: How to Talk to the Victim, Bully and Bystander

* Victims of cyber bullying have a high chance of being re-victimized. Offer to help them come up with ways to lower this chance, such as staying off Facebook or Twitter for a while or turning their phone off at night.

OTHER NOTES:

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1. **If Bullying Happens to You:**

**Cyber Bullying**

Sometimes teens do not know what to do when they are being bullied. Here we will provide you with specific actions to take to stop cyber bullying.

1. Instruct the students to read through the “If Bullying Happens to You” page and watch the video.
2. Ask students to click on and read **“More ways to get help with bullying (PDF)”** (This can be found on the right hand side of the page under “*Have you tried everything to stop the bullying?”)*

Many times bullying can become extreme and victims feel like they have lost control of how they are feeling. Cyber bullying has been consistently linked to teen suicide. Students will learn about other ways they can find help when nothing else they are doing is working.

**Group Discussion**

* When might it be important to get the extra help discussed in “More ways to get help with bullying”?
  + Whenever you feel it is necessary! Everyone is different and every situation is different.
  + Below are some tips and things to think about:
    - When bullying has become extreme.
    - You have been threatened.
    - Nothing you have tried to stop the bullying has worked.
    - You feel like you are depressed:
      * Loss of appetite or over eating.
      * Not sleeping or sleeping too much.
      * Feeling sad.
      * Feeling angry at your parents, friends and teachers.
      * Don’t want to talk to your friends or hang out with them anymore.
    - You feel like you want to hurt yourself.
    - You feel like you want to hurt others.

**TEACHER NOTES**

* Many cyber bullying instances occur because of prior problems at school. It may be helpful to try to find out what other problems the victim is having.
* The Action Plan encourages students to come up with their own solutions and strategies for handling bullying. Keep a list of strategies students come up with on their own and make it available for other students to see and use.

OTHER NOTES:

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* Being a victim of cyber bullying can make you angry and want to respond in an aggressive way. Why is this NEVER a good idea?
* It is never a good idea to bully or be aggressive back because this is a sure way to make the situation worse.
* The bully will most likely become defensive and find other ways to bully you. The bullies friends may start to bully you too.
* You will probably say something you do not mean.
* If the bullying incident is reported to an adult or the police, if you have been aggressive during the incident, the incident will not be taken as seriously.

**Activities**

* **Action Plan (Cyber Bullying):** This activity will help students come up with an action plan to deal with cyber bullying.

**Think You Know?**

* How would you have handled the situation? Were there things Amy did that you liked or didn’t like? Why or why not?
* How do you think Amy stayed so calm? What are some things you would do to stay calm?
* Why is it sometimes best to tell an adult about being bullied?
* Write down names of 3 people you would talk to if you were being cyber bullied.

**TEACHER NOTES**

OTHER NOTES:

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**Take Home Points:**

*The following information is important for students to understand once you have completed this section.*

* **It might feel like you have no way to stop cyber bullying, but there are things you can do.**
* **Try your best not to respond. If you do, try to be calm and assertive and never bully or be aggressive back.**
* **The best thing you can do is tell a friend or an adult about what is happening.**

**TEACHER NOTES**

OTHER NOTES:

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1. **Bring it Together: Cyber Bullying**

1. Instruct the students to read the Bring it Together page.
2. Ask if anyone has any questions. This is a good time to make sure students understand all of the material that has been covered.
3. Have students open **“Are you part of the solution or part of the problem. Take our quiz and find out if you may be a bully PDF.”**
   * If students answered “yes” to any of these questions encourage them to read **“If you think you are a bully PDF,”**

I Play a Role

Cyber Bullying

Often, the reason bystanders do not intervene when they see bullying happening is because they don’t know what to do about it.

**GOAL:** This activity will help you think about a time that you witnessed bullying, the role you played in the bullying, and what you can do the next time you see it happening.

Think about a time that you saw someone being cyber bullied and answer the following questions:

1. What happened?
2. What did you do?
3. Did this reinforce the bully or help the victim? Explain.
4. How do you think the victim felt?
5. What role would you like to play next time you see it happening? What are some specific things you can do?

Nice it Forward

**GOAL:** Learn how you can use social media in a positive way to fight bullying.

Kevin Curwick, a high school football player from Osseo, Minneapolis, was tired of the bullying he was seeing in his school. He decided to use social media in a positive way. He started a Twitter account and simply tweeted nice things about fellow students in his school. It has had a very positive impact on his school and community. This ***Nice it Forward*** movement has caught on, and anti-bullying Twitter accounts have popped up all over schools around the United States.

Many times students don’t know what to do about bullying in their schools. This type of positive action can let those in the school who are being bullied know that they are not alone and it encourages those in the school and community to be nicer to each other.

Work with a friend to come up with a way, using a type of social networking, that you can help combat bullying in your school and community.

**Here are some ideas:**

*1) A Twitter account and special hashtags (e.g., #endbullying).*

*2) An email system where students can ask questions about being bullied and other students can answer.*

*3) A Facebook page dedicated to stopping bullying at the school.*

Talk to your school, the principal, a teacher, the school psychologist about putting your plan in action.

**Remember: These ideas are meant to stop bullying and help victims. Never use these ideas to bully others or put others down**.

**Action Plan** - Cyber Bullying

**Instructions:** Use this activity to think about the bullying you experienced or may experience and come up with a plan for how you will deal with the bullying if it happens again.

1. **Think**: Write down what happened and what reactions you had to the bullying.

**2) Relax**: Think about how you will decide to control your emotions. List something specific you will do for each.

* Breathing exercise

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* Concentrate on something else

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* Relax tight muscles

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* Use visualization

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* Stay positive

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* Use positive self-talk

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**3) Strategies:** Choose actions you will take to stop the bullying.

* Don’t open it
* Decide how to respond
* Be assertive/confident
* Turn off phone/computer
* Save all of the evidence
* Report the bullying
* Tell an adult/ ask for advice
* Talk to a friend
* Be cyber-free
* Ask a friend to be cyber-free with you
* Stay off the website for 3 days
* Give your parents your cell phone in the evening for 3 days
* Other ideas

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**4) Action Plan**

Take your answers from steps 1-3 and map out your action plan here. Be as detailed as possible! Write down exactly what you will do to keep your emotions in check, what adults or friends you will talk to, etc. Try to come up with at least two different plans of action.

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