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**M5 Lesson 2: Cyberbullying**

Core Competencies:

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| * Communication
 | * Thinking
 | * Personal & Social
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Big Ideas:

* Our career paths reflect the personal, community and educational choices we make

Curricular Competencies:

* Demonstrate safety skills and appreciate the importance of workplace safety
* Apply decision making strategies to a life, work, or community problem and adjust the strategies to adapt to new situations

Lesson:

**What Is Cyberbullying?**

Cyberbullying is when kids use online technology to hurt other kids. In other words, they use the Internet to harass and embarrass people. It’s done on purpose and is usually ongoing.

Today, kids use social media, texting and email to talk to their friends. This means cyberbullying can happen easily. Cruel messages or unflattering photos can be sent to everyone in the school with just one click. And kids can keep sending mean messages from home, on the weekends or even during holidays.

Sometimes, cyberbullying is a single child sending a cruel text. But it can also be a group of kids posting hurtful things about someone to other kids. And then those kids forward the messages to even more people. This short video (<https://www.youtube.com/embed/hWdjwl9rgcE>) shows one example of cyberbullying.

Here are more examples of behavior that could be cyberbullying:

* Sending mean emails, texts or instant messages.
* Sending neutral messages to someone to the point of harassment.
* Posting hurtful things about someone on social media.
* Spreading rumors or gossip about someone online.
* Making fun of someone in an online chat that includes multiple people.
* Attacking or killing an avatar or character in an online game, constantly and on purpose.
* Pretending to be another person by creating a fake online profile.
* Threatening or intimidating someone online or in a text message.
* Taking an embarrassing photo or video and sharing it without permission.

It’s important to know that not all online conflicts between kids are cyberbullying. Sometimes, kids get into arguments on social media. They may also banter with each other or use inside jokes while texting. (Read about the [difference between teasing and bullying](https://www.understood.org/en/friends-feelings/common-challenges/bullying/difference-between-teasing-and-bullying) here: https://www.understood.org/en/friends-feelings/common-challenges/bullying/difference-between-teasing-and-bullying)

But there’s a way to determine if a behavior falls under cyberbullying. If someone is sending hurtful messages on purpose and on a regular basis, then it’s cyberbullying.

Source: <https://www.understood.org/en/friends-feelings/child-social-situations/online-activities-social-media/cyberbullying-what-you-need-to-know>

Assignment:

**M5 Lesson 2 Assignment: Cyberbullying - 3 parts**

**Cyberbullying**is an important issue for today's youth which you may have experienced personally. If you would like to discuss this topic further, or need help with something happening in your own life, please reach out to your teacher or an adult that you trust.

**Part 1: Case Study**

Read out the following case study

You and your friends are playing an online game where a certain amount of ‘Trash Talking’ is taking place. You invite your friend Sarah to play the game. When Sarah joins the game, a lot of players start to make fun of her because she is a girl, they assume she will be a bad player, and making fun of her appearance based on her avatar. After a few minutes of play, you notice that Sarah is not having fun anymore and decides to quit playing. What should you do?

1. Log in to your myBlueprint account to create a new portfolio
2. Create a new portfolio in your myBlueprint account titled “Digital Citizenship
	* Add a portfolio > Add title “Digital Citizenship” > Add portfolio).
	* Add a journal entry to your portfolio titled “Don’t be a silent witness” and respond to the case study - what should you do?
	* Add box > +add journal > Add title “Don’t be a silent witness" > add journal body > Add journal.

**Part 2: Cyberbullying Do’s and Don’ts**

* On a piece of paper, make a list of things students can do to prevent cyberbullying on chart paper to display in the classroom
	+ Add a reflection to your “Don’t be a silent witness” journal entry with the following guiding question:
		- What can you do if you or someone you know is a victim of cyberbullying? What are some resources in your community or online that can help?

**Part 3: Reflection**

Cyberbullying is a prominent issue for today's youth which reaches far beyond this small assignment. Cyberbullying affects people from any age or walk of life, including children, teens and adults who all feel very distressed, overwhelmed, embarrassed and alone when being bullied online.

The effects of cyberbullying last far longer than an image on Snapchat, and whether you are the bully or the victim, cyberbullying can positively or negatively impact the choices we make in our personal lives or in our community.

In your myBlueprint portfolio, write another reflection on your Journal entry “Don’t be a silent witness” on the tips and strategies you can use to avoid or prevent cyberbullying and how cyberbullying can impact someone in the short term or the long term. Use the following guiding questions:

How can I avoid cyberbullying?

How can I prevent cyberbullying?

Can cyberbullying have positive consequences? Explain.

How can cyberbullying have negative consequences that can impact the future choices you make?

Assessment:

(see next page)

