



# Cyberbullying

## Aims:

To think about taking responsibility for the type of person we are online.

## Preparation and materials:

- YouTube video <https://www.youtube.com/watch?v=vJzz2b5Inp0> (Overwhelmed: A Cyberbullying Short Film) [Accessed 07-20]
- YouTube video [https://www.youtube.com/watch?time\\_continue=126&v=9HocoOVVUDY](https://www.youtube.com/watch?time_continue=126&v=9HocoOVVUDY) (Building confidence after online bullying - Childline) [Accessed 07-20]

## Assembly:

1. Explain that to really enjoy the power of the Internet, it is important for students to learn how to handle any situation they might encounter online responsibly and with wisdom so they can keep their experiences positive. What are some of the ways that people can cause harm and hurt other people's feelings online? What are some positive aspects of going online?
2. Most of us are not just passive users of the Internet (watching videos, looking at information etc.), we are also active users. We might post comments, share content or talk to people online.
3. We are responsible for the type of people that we online. People can be kind (e.g. sending supportive messages and comments to people they might not be able to see in person), generous (e.g. donating to charity or fundraising for a charity) and courageous (e.g. standing up to or reporting inappropriate content) online. However, just like offline, people can also be unkind (posting mean comments), dishonest (creating fake profiles) and cowardly (not reporting or calling out inappropriate behaviour) online.
4. Play students the YouTube film Overwhelmed: A Cyberbullying Short Film. How is the victim made to feel? What are the potential results of posting abusive messages on the victim? What character virtues do you need to be able to help someone who is a victim of cyberbullying? What character virtues might you need to be able to stand up for someone and step into help?
5. Watch the YouTube film Building confidence after online bullying. How would you encourage someone who is being cyberbullied? Which of the three strategies do students most resonate with why? Can they add to the list with ideas of their own?

## Reflection:

Can you think about a time when you have been on the wrong side of the line? What can you do to make it right?





**Challenge:**

Think about how you can be kind online this week. Record some of the actions that you take, and share them with your class.

