



Activity 3:



Sandra's story

Sandra is planning a birthday sleepover. Her parents have set a limit of eight girls, so Sandra can't invite everyone she'd like. Two girls who are left out of the party overhear the plans. They decide to create a "We Hate Sandra Jones" website. They say that anyone invited to the party should not go. They share the website with everyone in school. The girls also tell everyone to add new reasons why they hate Sandra and to spread mean rumours about her. When Sandra hears about the site, she gets a sick feeling in her stomach. Each day she finds a new mean comment or joke about her on the website. She feels hurt and embarrassed. She tells her parents she is sick, so she won't have to go to school.

Is this a cyberbullying situation? If so, how is it cyberbullying?

How do you think Sandra might feel, other than embarrassed?

Why do you think the two girls created the mean website about Sandra?

What advice would you give Sandra about how to handle the situation?

How would you feel if you put yourself in Sandra's shoes? Describe your emotions.

What do you think the people who are bullying Sandra would say about their behaviour?

Activity: Sandra's friend

Imagine you were a friend of Sandra. What would it mean to stand up for Sandra in this situation? (You need to think about practical ways to help and what virtues you would have to use in the situation).



Activity 4:

Read the different scenarios below and use the words below to decide how the recipient would feel in each scenario.

Helpless Small Annoyed
Embarrassed
Upset Afraid

You share a funny video on your social networking page and receive negative comments: **“How is that funny?” “Why would anyone want to watch that?”**

Someone in your school sends you a private message saying **“No one likes you, loser!”**

A stranger comments on one of your pictures saying **“You are so ugly,”** and 12 people like it.

Someone keeps sending you text messages saying things like **“I don’t like you, no one does!” “You’re an idiot”**.

You upload a picture of you and a friend out and about at the weekend and someone leaves a comment saying **“Omg why did you go there, ha how stupid!”**