




## Terms of Use

Clicking on the “Agree and Print” button (below) means that I agree that:

- i-SAFE© lessons may NOT be shared with other educators (e.g., faculty or staff) in any school or district which is not currently covered by your school’s or district’s Subscription and License Agreement.
- i-SAFE© lessons may NOT be duplicated for any reason except for your classroom use.
- i-SAFE© lesson hand-outs may be printed for students ONLY for your current classroom use.

Duplication, sale, resale and any other form of unauthorized use of i-SAFE copyrighted materials is prohibited and, therefore, a violation of law.

(I understand and agree to above Terms of Use)

Agree and Print 

Student assessments are an important component of i-SAFE. When beginning the i-SAFE program with these lessons, i-SAFE strongly encourages educators to administer the pre-assessment online at <http://auth.isafe.org/selftest/index.php>.

To verify a School ID#, login at [www.isafe.org](http://www.isafe.org), go to the My Info page and select “Find your school ID.”

Upon completing the i-SAFE lessons, please direct your students to take the online post-assessment. Assessment data can be used by your school/district as a reliable measurement of its Internet safety education policy.

# LESSON PLAN—Cyber Bullying

## Suggested grade level 5

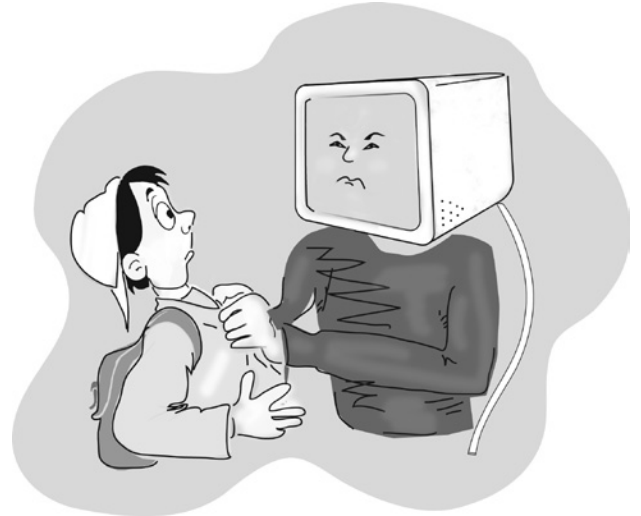
### Lesson Guide

Learners will (a) practice netiquette as they communicate with others on the Internet and (b) develop resources to cope with online bullying.

### Learning Objectives

Students will:

- understand how communication online compares and contrasts to communication in the physical world
- be able to define cyber bullying
- understand how to prevent bullying
- develop resources to cope with online bullying
- understand how to practice netiquette as they communicate with others on the Internet



### Materials / Preparation

- a copy of the reference page for each student and a copy of the activity page for each student group
- a list of school or local resources for victims of bullying

### Procedures

#### Discussion

Engage the learners in a brief discussion in which they define the term “kindness” and identify, explain, and analyze the components of kindness.

1. Guide the discussion to cover the following:

- What are some things that a kind person might do?
- Why do people act kind?
- Why do people sometimes forget to be kind?

2. Ask students how they can identify when someone is being kind to them.

3. Discuss the terms “mean” and “bullying.”

- Ask students when someone has been mean to them.
- Ask why they think some people behave unkindly sometimes.

### Activity

Ask students to brainstorm how online communication is similar to physical communication and how it is different.

- On the board, create two columns: one for similarities and one for differences.
- As students brainstorm, list in the correct column similarities and differences between online and physical communication. For example:

- > Similarities: You can still be nice, you can still be mean, people can still get feelings hurt, you can still say what you want to, you can talk in real time, etc.
- > Differences: You can not see the person you are communicating with, you can not hear whether they are joking, etc.

## Discussion 2

- Introduce the term “cyber bullying”: to behave in a mean or threatening manner on the Internet. Ask students to compare cyber bullying with bullying in the physical community. List qualities that are alike.
- Ask students to list ways that people could be bullied online: through e-mail, chatting, bulletin boards, Web sites, etc. Point out that a record or copy of online communications is available, unlike spoken words. Has anyone in the class ever been bullied online? Discuss.
- Stress that bullying is wrong and punishable. Emphasize the local and/or school resources available to a student at school and at home if he or she is bullied offline or online.
- Advise students that forethought can prevent many incidents of bullying.
  - > Don't reveal your password—even to your friends. Tomorrow they might not be your friends.
  - > Remember that instant messaging conversations are not private. They can be printed, copied, forwarded, etc.
  - > Be aware that pictures, video, and comments revealed online are not private. They can be shared with others without permission.

## Activity 2

- Divide students into small groups, and hand out the activity page.
- Have students complete the activity page according to the listed directions.

## Concluding Discussion

Regroup as a class.

Ask students what they learned from the activity sheet?

- Stress that tone and facial cues can help us determine if someone is joking, etc.
- It is easy to be mean online when we don't see that we are hurting someone. Always remember to think about what you are doing/saying first!

Remind students of the options available to them if they are ever bullied.

- A trusted adult should be told if bullying messages are received.
- Inform students of your own school policies concerning bullying.
- Briefly discuss how important it is for younger children to know about cyber bullying. Children need to feel comfortable telling a trusted adult if they receive harassing or bullying messages.
- Have students think about their own siblings or younger children they know who use the Internet.
- Have students take home the parent page on cyber bullying to help families learn about dealing with cyber bullies.

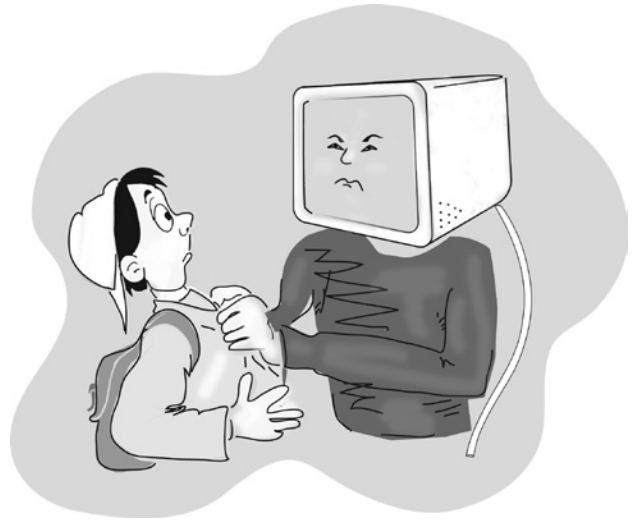


Children who participate in activities and share what they have learned about Internet safety are more likely to practice safe habits online.

Additional materials and support for students, teachers, and parents on Internet safety topics are available from i-SAFE Inc. [www.isafe.org](http://www.isafe.org).

## REFERENCE—If You are Being Cyber Bullied...

- **Tell someone.** No one should put up with bullying! Don't keep it to yourself—there are laws against bullying. Tell a trusted adult about it. This could be a parent, a teacher, a friend's parent, even an older brother or sister.
- **Don't open** or read messages by cyber bullies.
- **Tell someone at your school** if it is school-related.
- **Don't erase** the messages—they may be needed to take action. Instead, put them in a folder unread, or have an adult help you.
- Stay protected! **Never agree to meet** a bully, or anyone, who you meet online.
- If bullied through chat or instant messaging, the bully can often be blocked.
- **Ask a trusted adult to help you.**



If someone you know is being bullied online, use these guidelines to help them—their life may depend on it.

### Prevention Techniques – How to Keep from Being Bullied Online

- Don't give out private information, such as passwords or pin numbers. Be careful when giving out your name, or family and friends names, address, phone number, etc.
- Don't exchange pictures or give out e-mail addresses to people you meet on the Internet. Ask permission from parents when it is necessary to give such information.
- Don't send a message when you are angry. It's hard to undo things said in anger.
- Delete messages from people you don't know, or from those from people who seem angry or mean.
- When something doesn't seem right, it probably isn't. Get out of the site, chat, etc.

**The best defense to keep from being a bully online: Use netiquette.**

Be polite online and others tend to do the same. If someone gets angry or bullies you, ignore them—online bullies want a reaction.

**Share this information with your friends and family. Be bully proof!**

# ACTIVITY—Chat Activity

Name \_\_\_\_\_ Date \_\_\_\_\_

## Directions

In your groups, discuss the following chat scenario. Identify examples of cyber harassment. Identify examples of those trying to prevent harassment. Answer the following questions: How did the group mentality lead to the cyber harassment of the victim? How do you think the victim felt? How do you think other chat participants felt? Why do you think they participated in the bullying? Do you think this could have occurred in real life?

**Fieryred:** Hey, I am SO bored tonight.

**Marcus12:** I hear u. There is like nothing to do but homework.

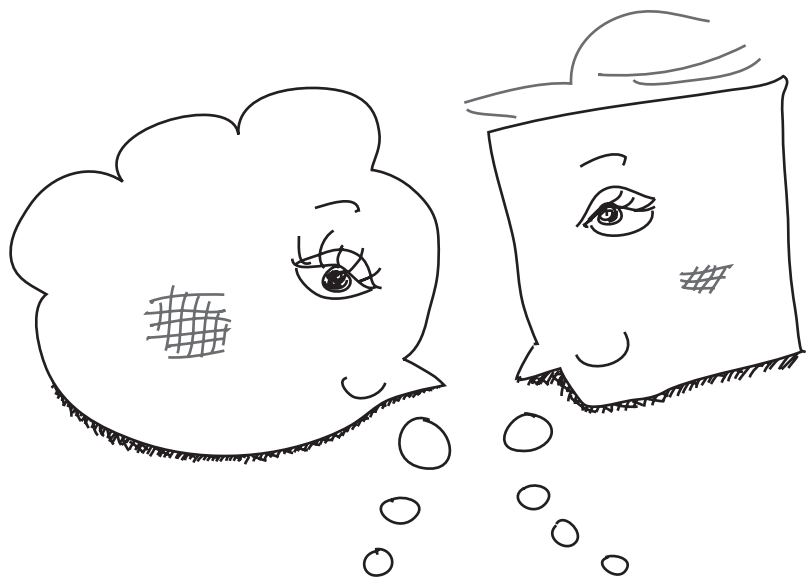
**Shoesnjewels:** I got an idea. You all up for some fun?

**Boogeyboardin:** Sure what you got in mind?

**Shoesnjewels:** The next person to join the chat, let's drive them back out. I bet we can do it in less than 5 minutes.

**Fieryred:** I don't know, that seems kind of mean.

**Marcus12:** Don't be a wimp. Shoes, you're on. IN FACT, I bet we can do it in 2!



**Darthvader13 enters the chat room**

**Marcus12:** here's our victim now.

**Darthvader13:** Hey guys. What's up?

**Shoesnjewels:** What kind of geek screen name is that? Don't tell me you're one of those dorks who is all into Star Wars.

**Darthvader13:** That's kind of harsh. And actually, Star Wars is transcendent. People all across the world can identify with its timeless themes.

**Boogeyboardin:** Transcendent, who you trying to impress. We all know you're dumber than dumb.

**Marcus12:** I bet you went and saw that timeless film with your mommy. Does she still tuck you in at night?

**Fieryred:** You guys, let up on him. Don't be cruel. Hey Darth, how are you. Haven't seen you around.

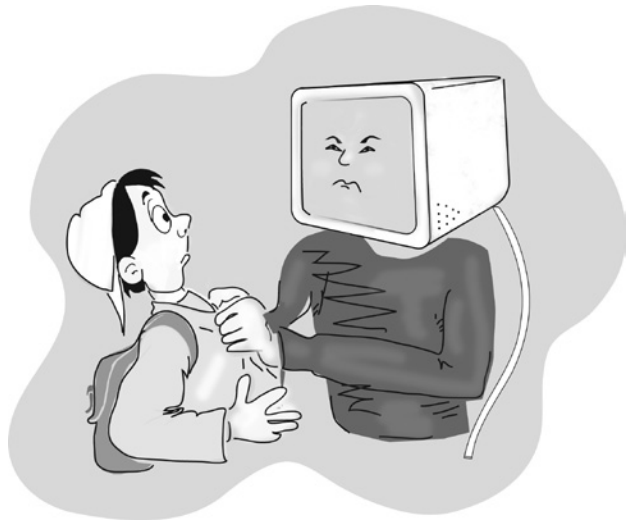
**Marcus12:** That's cause he doesn't have any friends. And if he knew better he wouldn't have come here now.

# PARENT PAGE—A Parent's Guide to Cyber Harassment

Cyber harassment can involve any online communication, such as e-mail, chat, etc. The communications are often constant and filled with disturbing and inappropriate content, and they rarely cease, even after the victim asks for the behaviors to stop.

## Prevention Tips To Share at Home

- Do not respond to cyber bullying messages of any kind. Let a family member or other trusted adult know about the incident(s).
- Do not share personal information in public spaces anywhere online (including in e-mail or chat rooms) or give it to strangers. Do not use your real name or nickname as your screen name or user ID (pick a name that is gender- and age-neutral). And do not post personal information as part of any user profiles.
- Do not meet online acquaintances in person.
- If a situation online becomes hostile, log off or surf elsewhere.
- If a situation places you in fear, contact a local law-enforcement agency.



## What To Do If You or Your Child Is Being Cyber Harassed

- If you are receiving unwanted contact, make clear to that person that you would like him or her to cease contact with you.
- Do not respond to cyber bullying.
- Save all communications for evidence, especially if bullying includes threats of violence.
- You may want to consider blocking or filtering messages from the harasser. Chat room contact can be blocked, as well.
- Find out if your local law-enforcement agency has a policy for cyber harassment threats of violence, and make a report if appropriate.

Children who participate in activities and share what they have learned about Internet safety are more likely to practice safe habits online.

Additional materials and support for students, teachers, and parents on Internet safety topics are available from i-SAFE Inc. [www.isafe.org](http://www.isafe.org).