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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 6

### Learning Objectives

Students will:

- discuss why netiquette is an important part of being a good online citizen
- practice netiquette as they communicate with others on the Internet
- develop resources to cope with online bullying

### Enrichment Goal

i-SAFE enrichment activities are designed so that they can be implemented by students. Provide your students with the necessary reference materials included with this lesson plan and guidance on how they can complete this activity. Suggestions include getting support from an adult advisor, school club, student council, technology team, etc. i-SAFE also offers a wide range of online support for students who register (free of charge) at [www.isafe.org](http://www.isafe.org), including the i-Mentor Training Network videos.

Learners will be provided with reference materials to engage in an enrichment activity, which includes creating a Pledge Wall about cyber bullying awareness at the school.

### Materials / Preparation

- online access to the i-SAFE assessments, if appropriate for this lesson
- copies of the reference pages for each student
- copies of the activity pages for each student
- student registration in mentor program at [www.isafe.org](http://www.isafe.org)
- optional: PowerPoint presentation for this lesson is available for use as a student guide.

### Pre Assessment

If beginning the i-SAFE program with this lesson, administer the pre assessment online at [www.isafe.org](http://www.isafe.org) by clicking on the link, Assessments, prior to the lesson. To verify School ID#, login at [www.isafe.org](http://www.isafe.org), go to the “My Info” page and select “Find your school ID”.

# Lesson Procedures

All students participating in the i-SAFE curriculum are considered to be mentors. If they haven't done so already, have students enroll online by clicking on "Create Account" at [www.isafe.org](http://www.isafe.org) to take full advantage of the support and incentives offered. This may be done at any time during the lessons, or students may complete this registration at home.

## Activity 1

KEWL Chart Sections 1 and 2

Put the chart (Teacher Resource #1) up on an overhead, or reproduce on a chart or board. This chart will guide discussion Intellectual property. The teacher should initiate and lead a discussion on this topic. Use the goals and objectives section to ensure that key topics are covered. If the students are familiar with a KEWL chart, compare i-SAFE's "KEWL" chart with it. (KEWL is a popular term, meaning "cool" used in online communication.)

- Section: K – What do you Know?

Question the students on what they know about bullying. List their appropriate answers in the K column of the chart. Guide discussion into what is the behavior of a bully. How can someone be bullied online? Continue listing student-elicited responses in the K column. This column forms a foundation of what the students currently know about bullying online. Most should grasp the concept of bullying and have some vague ideas on cyber bullying.

### **Sample question and answer:**

Q. What is bullying? What is cyber bullying?

A. Mean behavior, mean/harassing behavior online, etc.

- Section: E – Expand your knowledge

Question the students on where their knowledge is lacking. What more do they feel they should know about bullying and cyber bullying?

### **Sample question and answer:**

Q. What else would you like to learn about bullying or rules concerning it? Do we really understand what cyber bullying is and how it takes place?

A. What are rules concerning bullying at school, in community? How is cyber bullying different from other types of bullying? What types of actions online are considered bullying?

## Activity 2

- Once the first two columns of the KEWL chart are completed, students are ready to learn about cyber bullying.
- Hand out the Cyber Bullying and Netiquette fact sheets. Have students take turns reading about cyber bullying and netiquette.
- Discuss why netiquette is an important part of being a good online citizen.

## Peer-to-Peer Activity

Choose one of the following options:

### Option 1: Whole Class Activity

- Make an overhead of the Online Chat Aptitude Sheet.
- As a class, read through the chat and find the mistakes. Look for both netiquette mistakes and also signs of bullying. Make sure to put in emoticons to show when joking.
- Use the chat to discuss and review the concepts introduced on the bullying and netiquette info sheets.

### Option 2: Small Group Activity

- Make copies of the Online Chat Aptitude activity page.
- Divide class into groups.
- Hand out the pages to each group and allow them to work cooperatively to find the mistakes. Note: You can time students to turn the activity into a race.
- Meet back as a class and discuss the mistakes they found.

## Discussion

Review the concept of the Internet as an online community. Discuss other communities the students are members of. For example: their school community. Cover the fact that communities have rules and guidelines associated with them. Following these rules makes one a good citizen. Reinforce the concept that by using netiquette, students become good cyber citizens.

## Return to KEWL chart – Sections 3 & 4

Using what students have learned from their group work, they will finish the KEWL chart as a class.

- Section: W – What have you learned?

Now that students have covered cyber bullying, ask them what they have learned from the activity and their discussions. See if all the questions in the What you want to know column are answered.

Sample question and answer:

Q. What do we know about cyber bullying now?

A. Cyber bullying occurs when students write harassing/flare e-mails, post negative Web sites, and are mean/cruel in instant messaging/chat rooms.

### Make sure all key concepts/critical attributes of bullying and cyber bullying are covered:

- Bullying means to use mean language or actions towards others
- Bullies intend to cause fear or avoidance from others for their victims
- Bullies are found in both the physical and cyber communities
- Online bullying can be just as intimidating as face-to-face bullying
- Because it is written, a record of online communication (and bullying) is created.
- Using netiquette is an effective way to prevent online bullying
- Resources for reporting bullying incidents include trusted adults, the ISP provider, school personnel, and the police if it involves illegal activity, direct threats, etc.
- 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 IM 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.
- Section: L – Leading others in learning

This section allows students to identify ways to own the knowledge they have learned. By sharing knowledge with others, students continue their own learning. In this column allow students to brainstorm ways to spread knowledge.

**Sample question and answer:**

Q. How can we spread what we have learned?

A. Talk to parents about what learned; give presentations to other; design poster; brochures, etc.

## Concluding Discussion

- Review with students the successful tips they have developed for preventing and for responding to cyber bullying.
- Discuss why it is important to discuss this issue with others in the school, discussing solutions with faculty, etc.
- Encourage students to make a difference in their school when it comes to Cyber Bullying by registering at **www.isafe.org** for additional activities, materials, and support concerning this issue.
- Lead into a discussion about the Enrichment Activity – create a Pledge Wall.

## Enrichment Activity

Educate others in your school about being kind and cyber bullying – Create a Pledge Wall.

- Provide each student with the Pledge Wall handout.
- The instructions provide students with guidance on materials needed and how to get a pledge wall started.

Students are asked to do the following:

- Ask your teacher or principal if you can create a Pledge Wall for students.
- Scout the location.
- Hang the construction paper.
- Create a title for the wall.
- Write out instructions for students.
- Write out the first few slogans.
- Watch your blank canvas come to life.
- Take pictures and share them with i-SAFE at **mentors@isafe.org**.

## Post Assessment

Administer the post assessment online at **www.isafe.org** by clicking on the link, Assessments, if this is your last lesson for i-SAFE. To verify School ID#, login at **isafe.org**, go to the “My Info” page and select “Find your school ID”.

# Bully Facts



**Kindness:** To be kind is to be nice to others. Kind acts are helpful, show consideration, and make the givers and the receivers feel good. Kind acts are NOT mean.

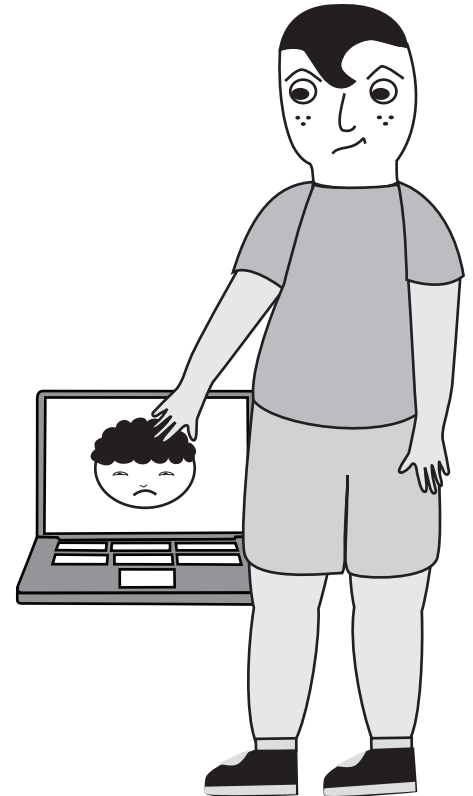
You like it when others show kindness to you. Can you think of an example of when someone was nice to you or considerate of your feelings?

**Bullying:** When someone is mean to others and picks on them, it's bullying. That includes making fun of others, calling them names or beating up on them.

**Cyber Bullying:** Cyber bullies are those bullies who use the Internet to be mean to others. They may say things they don't mean or that they know they shouldn't say. Remember – just because you can't see the other person, doesn't mean that they aren't there. Their feelings can still get hurt and we wouldn't want that! Also, if you are mean or inappropriate online, don't think others won't find out!

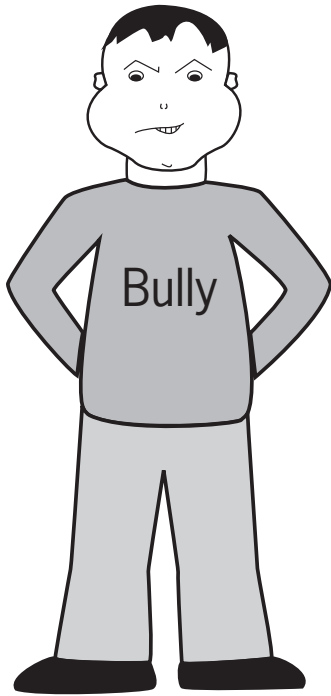
Kindness can become its own motive.

We are made kind by being kind - Eric Hoffer



# "All Cruelty Springs from Weakness."

(Seneca, 4BC-AD65)



Think about it: Do you think it's a sign of strength or weakness to use the Internet for bullying? Why?

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## What to do if you are being Cyber Bullied

1. 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 the bullying. This might be a parent, teacher, friend's parent – even an older brother or sister.

2. Don't open or read messages by cyber bullies.
3. Tell your school if it is school related. Schools have a bullying plan in place.
4. 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.
5. Stay protected – never agree to meet with a bully, or with anyone, you meet online.
6. 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 GET HELP** – their life may depend on it.

## **Prevention Techniques – how to keep from being bullied online:**

- Don't give out private information such as passwords, pins, name, address, phone number, school name, or family and friends names. This information can be used by bullies and other harmful people on the Internet.
- 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 that are 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 will tend to do the same. If someone does get angry or bullies, ignore them – online bullies want a reaction.

**Share this information with your friends – be Bully Proof!**

**Think about ways to apply E-mail netiquette to the following:**

**Subject lines**

**Hoaxes**

**Your original messages**

**Chain letters**

**Forwarded messages**

**Spam**

**Attachments**





## E-mail Netiquette

- **Use Meaningful Subject Lines**

Tell the person what you are sending to them so they know what to expect when the message is opened.

- **Don't Type With ALL CAPS**

This is known as online screaming, and is considered to be rude.

- **Think Before You Type**

It's easy to be misunderstood in Cyberspace – be clear about what you want to say. Don't send a message when you are angry – it's hard to undo things that are said in anger.

- **Use Emoticons to help others understand what you mean.**

- **Think About Attachments**

Don't send something as an attachment if it can be copied and pasted into the e-mail text. Don't send really large attachments. Don't send attachments with viruses. And...be careful of attachments you download.

- **Don't Spam**

Don't send out messages that aren't wanted!

- **Don't Pass Around E-Hoaxes**

Use your favorite Internet Search engine to learn the truth about the latest e-hoaxes, urban myths, chain e-mail and pervasive riff-raff circulating on the Internet. Don't mislead others and cause alarm or stress.

- **Don't Pass Around Chain Letters**

They are annoying.

## Chatrooms and Instant Messaging

Many of the same conventions that apply to newsgroups and e-mail also apply in chatrooms and in text or instant messaging. However, you usually get a quicker response – it's "instant" messaging!

- **Avoid Using ALL CAPS**

It's still considered yelling.

- **Decide What Tone the Conversation Has Before Posting**

Don't use offensive language or nicknames. Always avoid making personal attacks and calling names.

- **Don't "Flood" the Chatroom**

Flooding is repeating messages over and over, or filling the screen with gibberish, in order to impede communication in the chatroom.

- **Be Nice to Newbies**

If someone stumbles into your chat, who is obviously new to this medium, show them some patience and help them get the hang of it.

**Final thought:** Most netiquette rules are really just common sense. Give people you meet online the same respect you would give someone in-person.

## Online Chat Aptitude

Directions: This chat is out of hand! Can you spot all the netiquette mistakes these chatters are making? Find the errors, reword items in a nicer manner and put in emoticons to help people know when the chatters are joking, etc.

**Remember, Emoticon is short for emotion icon :-) :-)**

### Chat begins:

**Jake:** Hi

**Mallory:** Hi

**Beth:** HEY Y'ALL, HOW YOU DOING?

**Mallory:** You idiot? Don't you know better? who RU anyway

**Jake:** XDJFEWajskdfl;wijk

**Diane:** what was that?

**Jake:** XDJFEWajskdfl;wijk

**Jake:** XDJFEWajskdfl;wijk

**Mallory:** Ok, that is just getting plain annoying.

**Jake:** XDJFEWajskdfl;wijk

**Alex:** As the moderator of this chat, I will be forced to kick you out if you keep this up.

**Diane:** Jake, I got your e-mail off your profile. Make sure you read what I sent you!

**Mallory:** I read that e-mail you sent me. What were you thinking? Do you really believe that junk? I mean who really WANTS to go to school all year? Find someone to agree with you and I'll show you a real freak! You idiot!

**Beth:** Look, I'm outta here. As a newbie I feel stomped upon. You guys should learn some manners.

**Mallory:** Yeah right, so says the dummy who didn't know caps were shouting. You idiot!

**Diane:** Mallory you are so out there!

**Jake:** DJSKFLWN K – bye

**End of Chat**

# Answer Key – Online Chat Aptitude

## Directions

This chat is out of hand! Can you spot all the Netiquette mistakes these chatters are making? Find the errors, reword items in a nice manner and put in Emoticons to help people know when the chatters are joking, etc.

**Remember, Emoticon is short for emotion icon :-)** :-(

## Chat begins:

**Beth:** HEY Y'ALL, HOW YOU DOING? Don't use all caps – it's considered shouting.

**Mallory:** You idiot? Don't you know better? Take some time to learn some netiquette. You should be nice to new chatters. **Don't be too critical – if joking using emoticons.**

**Jake:** XDJFEWajskdfl;wijk Don't type gibberish in chats

**Diane:** what was that?

**Jake:** XDJFEWajskdfl;wijk

**Jake:** XDJFEWajskdfl;wijk

**Mallory:** Ok, that is just getting plain annoying.

**Jake:** XDJFEWajskdfl;wijk

**Alex:** As the moderator of this chat, I will be forced to kick you out if you keep this up.

**Moderators can kick you out of chats for not following netiquette. It is best to participate in moderated chats for safety reasons.**

**Diane:** Jake, I got your e-mail off your profile. Make sure you read what I sent you!

- 1. Be careful about what you fill out in a public online profile. Information can be used in a negative way.**
- 2. E-mailing people without permission can be considered spamming and is annoying.**

**Mallory:** I read that e-mail you sent me. What were you thinking? Do you really believe that junk? I mean who honestly WANTS to go to school all year? You find someone to agree with you and I'll show you a real freak! **This is an inflammatory statement and can lead to harassment, etc. Be careful of what you say and how you say it online. You can disagree without insulting. Use emoticons!**

**Beth:** Look, I'm outta here. As a newbie I feel stomped upon. You guys should learn some manners. This new chatter is leaving after having others be rude and ignore. Remember to be considerate of new chatters.

**Mallory:** Yeah right, so says the dummy who didn't know caps were shouting. **Again, an inflammatory statement. If joking use emoticons.**

**Diane:** Mallory you are so out there!

**Jake:** DJSKFLWN K – bye gibberish!

**End of Chat**

# KEWL Chart

<div><div>K</div><div>Know</div></div>	<div><div>E</div><div>Expand Knowledge</div></div>	<div><div>W</div><div>What was Learned</div></div>	<div><div>L</div><div>Lead Others in Learning</div></div>