

Online bullying: 7 Tips to beat cyberbullying

<https://www.bbc.co.uk/teach/articles/zmg3wsg>



Type of resource

Article (3min read)

Learning objectives

- 'I can explain how anyone can get help if they are being **bullied online** and identify when to tell a trusted adult'
- 'I can explain why people need to **think carefully** about how content they post might affect others, their feelings and how it may affect how others feel about them (**reputation**)'
- 'I can describe **appropriate ways** to behave towards other people online and why this is important'

Content summary

- Explanation of what cyber-bullying is
- Explanation of why it happens, and what it feels like to be cyber-bullied
- Don't reply
- Keep a log of messages, such as screenshots
- Talk to an adult
- Check privacy settings
- Don't let the bullies' words get to you

Glossary

- **Humiliate:** to make someone feel ashamed or foolish
- **Expense:** with someone as a victim
- **Guardian:** someone who looks after a child, usually an alternative to a parent
- **Privacy Settings:** the controls available to determine how much of your personal information is visible to wider networks

Topic introductions and starters	<p>Before the video:</p> <ul style="list-style-type: none"> • Ask pupils to work in pairs and write down a definition of cyberbullying and one way to beat it <p>After the video:</p> <ul style="list-style-type: none"> • After reading the article together look back at the definitions written before and check that they match – construct a class definition that everyone understands • Check understanding of any new vocabulary of key terms: humiliate; expense; negative; phone provider; guardian; privacy settings • Use paper speech bubbles to collect anonymous statements about pupil's own experiences – display or go through together – don't try and solve, just share the experiences • Look at the main headings of the article and summarise the content in just one sentence – decide what is the key point being made in that section • Compare the feeling of a someone who is being bullied and the bully themselves – make a comparison table or list. Are there similarities?
Discussion points	<ul style="list-style-type: none"> • Why do bullies bully? Talk about some of the reasons that might include: feeling insecure, feeling unpopular, wanting to make friends by impressing them • Is it easier to bully online rather than in real life? Is this because the bully doesn't have to see your face or deal with your feelings? Does anonymity make it easier? • Does telling someone actually make the bullying worse? How does getting support make YOU feel? • How can you stop BEING part of a bullying group? Peer pressure is powerful and might make you join in to stay part of the group. How can you feel strong enough to say no? • How does the cyberbully get into your head? How can you stop this from happening? Who can help you do this? How can you work on feeling more confident and good about yourself?
Fillers and fast finisher activities	<ul style="list-style-type: none"> • Reduce each of the five article sections to 10 words, then keep removing words until you have one key word to stand for the section – eg humiliate, control, scared, ignore, apologise • Create a catchy slogan that covers the seven ways suggested for dealing with cyberbullying – ignore them; block them; keep evidence; talk to someone, report it; stay private; don't believe what they say • Create a help guide for someone who has been drawn into bullying – use a bullet point list of ways they can stop and make amends to anyone they have been bullying • Make a mind map with Cyberbully at the centre – add in all the reasons why someone might get drawn into being part of cyberbullying group
Signposting potential homework activities	<ul style="list-style-type: none"> • Create an illustrated leaflet or poster showing the seven top tips for dealing with Cyberbullying – use one sentence summaries of each suggestion • Share the article with friends and family and talk about the content together • Write a script for a role play where someone confesses to being a bully and asks a friend for advice