

## Online bullying

<https://www.bbc.co.uk/teach/articles/z6sbmbk>



### Type of resource

Video: (3 mins 35 secs)      Article (2min read)

### Learning objectives

- **Bullying isn't just physical:** Learn to recognize online bullying, which can be mean messages, hurtful comments, or teasing online. Understand that this behaviour is harmful. What's funny to one person might be upsetting to someone else. Think about the possible impact your words could have on someone. "I can describe how what one person perceives as playful joking and teasing (including 'banter') might be experienced by others as bullying."
- **Get help from a trusted adult:** Know that it's never the fault of the person being bullied. If you or someone you know is being bullied online, it's important to talk to a trusted adult or use tools like reporting or blocking.
- **Be kind online:** Understand the importance of being kind online. Just as in real life, your words can help or hurt others. Supporting friends and standing up against bullying can make a big difference.

### Content summary

- Presenter introduces the topic of online bullying and what this could look like, as well as giving some ideas of what to do if you encounter it.
- Presenter uses the analogy of a sandcastle that somebody has spent a long-time building, only for it to be destroyed in a few seconds. This represents how one mean comment can knock somebody down.
- Dramatisation of a young person who sees and receives mean comments in a chat about a school group project, and then decides to report them to the teacher.
- Presenter offers final top tips and advice.

### Glossary

- **Online bullying:** being unkind to somebody else online.
- **Reporting:** telling a trusted adult or an online safety team about something that has made you feel upset, worried or uncomfortable.
- **Blocking:** an online tool that stops another person from sending messages to you.

Topic introductions and starters	<ul style="list-style-type: none"> <li>• What might online bullying look like?</li> <li>• How might someone feel if they are experiencing online bullying?</li> <li>• How can you support someone if they are being bullied online?</li> </ul> <p>Why is it important to think about what you comment, message and post online?</p>
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Discussion points	<ul style="list-style-type: none"><li>• What work was the character doing at their computer?</li><li>• What was unkind about the messages from Chloe, George and Lily?</li><li>• Why was the character worried about supporting Dan?</li><li>• How did the character show their support for Dan?</li><li>• What did the character do when they also received mean comments?</li></ul>
Activity ideas	<ul style="list-style-type: none"><li>• Write some kind comments and words that would be nice for somebody else to receive. Learners could present this in a heart shape.</li><li>• Create a short play about an incident of online bullying, showing how the characters resolve the situation.</li><li>• Create a top tips poster, advising other young people how to support others online and what to do if somebody is being unkind.</li></ul>