

Guidance notes to accompany each lesson



“Gone too far”

Cyberbullying lesson plan

Definition of cyberbullying:

Bullying is purposeful, repeated behaviour designed to cause physical and emotional distress. Cyberbullying is bullying carried out using technologies, particularly devices connected to the internet or to mobile networks. Cyberbullying can be defined as the use of technologies by an individual or by a group of people to deliberately and repeatedly upset someone else.

Synopsis of film 1: “Gone too far” Running time: 6+ mins



Jason, a top gamer, is the new boy at school and everyone is interested in him. Charlie is threatened by him and challenges him to an online game, which Jason wins. Not happy with this, Charlie starts an online campaign against Jason. With the help of some friends, Charlie shares ‘funny’ pictures and ‘jokes’ about Jason at first but these comments take a homophobic turn when Charlie accuses Jason of being gay and uses homophobic language to bully him. Aware that many people are laughing at him online, Jason feels lonely and unsure of who to speak to.



Jason



Charlie



Ben



Jenna

Key issues: cyberbullying, peer pressure, LGBT issues: using homophobic language to bully

How can cyberbullying happen?

“Cyberbullying is when you are verbally attacked online or through devices. It could be Instagram messages, commenting on photos or on social media where everyone comments or gossips. It could also be photos being spread about you that you don’t like, or people filming you or taking photos of you without your permission and then putting it on Snapchat or ‘your story’ which lasts for 24 hours.”

**Young Person aged 14,
Childnet focus group**

For more information on cyberbullying, read **Childnet’s government supported guidance for schools:** ‘Cyberbullying: understand, prevent and respond’. This comprehensive document gives more detail on what cyberbullying is and what schools can do to prevent and respond to it. You will find it at www.childnet.com/cyberbullying-guidance.

Things for them to consider:

One activity in this lesson plans asks young people to **role-play** the end of the film. Role-play can be a challenging activity for some young people. They will need to role-play some of the characters in the film and imagine how their story finished. As role-play can sometimes evoke negative emotions should the topic be personal for the student, it is important to allow time at the end of this activity for students to be de-briefed, so they can come ‘out of role’. For example, ‘how did you feel as ...’

If you suspect cyberbullying or homophobic bullying happening, what are your responsibilities as an educator?

- Follow your school anti-bullying policy
- Report any concerns you might have to your safeguarding team
- Understand the risks posed by technology and how to help your students report unwanted attention or comments

Things for them to consider:

If a student is the target of cyberbullying, advise them to take the following steps:

- Talk to a trusted adult – this could be a parent, teacher or by calling Childline on 0800 11 11 or visiting www.childline.org.uk.
- Block the person or the number and report them to the service provider, eg Facebook, Instagram or Xbox Live. See how in the plenary section of the lesson.
- Always keep the evidence by saving messages or ‘screen shotting’ them, so you can show it them to a trusted adult later. See more in the glossary section, pg 89.
- You can reply asking the bully to stop, but never retaliate with mean messages as the bully only wants a reaction. If you write something nasty back, you give the bully what they want, and may make the situation worse.
- Report to **True Vision** (www.report-it.org.uk) if you receive hateful messages and threats because of your race, religion, sexuality or disability.
- Report to the police if you believe that what you have experienced is against the law. Refer to **Laws about online behaviour** (pg 15) section to see what aspects of cyberbullying breaks the law.

Things for them to consider:

If a student sees cyberbullying happening to someone else, advise them to take the following steps:

- Report the comment to the service provider if it violates the community guidelines of that site.
- Don’t get involved yourself but do tell a trusted adult.
- If you know the person who has received the mean comments, support them and be there for them.

We recommend creating a school definition for cyberbullying, so that everyone is clear on what to look out for. It is important to include young people’s opinion in this definition.

For further advice and support on cyberbullying, look at the **FAQs on page 16** and our signposting section page 30. Remember if messages are threatening in nature, the police can get involved. Look at page 15 to see what aspects of cyberbullying can **break the law**.