Cyber-Bullying

Overview
Students will understand what cyber-bullying is and its effects.

Subject: Bullying
Topic: Cyber-Bullying
Grade: 9-12

Materials
Counselor and students will require access to the computer lab and a projector.

Instructions
This activity can be done in classrooms, small groups or with individual students.

1. Have students watch the YouTube video '[Kate's Reputation Problem](#)'.

2. Ask students to volunteer some additional scenarios that could arise.

3. Give students a few minutes to list what they believe are potential short-term and long-term consequences of irresponsible online behaviour. Then write up the answers on the class board. Discuss the answers.

Short-term consequences -

  Expose you to ridicule, harassment or bullying Discipline at home or at school Trouble with law enforcement/police Contacted by strangers Fired from a part-time job

Long-term consequences -

  Future employment prospects Criminal activity - police record Expulsion from school Future relationships Acceptance into some institutions Mis-trust of the internet and disengagement

4. Introduce the concept of "Digital Footprint" and facilitate a discussion with the following questions.

Digital Footprint - Is basically everything on the internet that is about you! Sometimes content about you may be viewed by people you don't know. Your digital footprint may include photos, audio, videos, blog posts, posts you write on friends' walls. Like all information on the internet, it can be permanent. Remember - internet information has a global audience. The Grandma Rule is one way for younger internet users to stay mindful of their digital footprint. If you are not comfortable having a teacher or parent check your photos, videos, posts, then ask a trusted friend or other authority figure like an older cousin or sibling. Next, you will discuss cyberbullying. Cyberbullying is a big concern for parents, teachers and students alike. One of the main problems with cyberbullying is that it is persistent

and invasive and people feel in less control. Each group should be aware of the signs of cyberbullying and should seek out tools and resources at their disposal to help combat cyberbullying. Give age appropriate examples of the results of cyber bullying and the impact (e.g. some students have bullied so much that they have gone on to harm themselves).

- Who do you want to be online?
- What is a digital footprint and how can you control yours?
- Have there ever been any embarrassing stories about celebrities that have developed online.
- What are the strategies you use to stay safe online?
- Are offline and online risks any different? If so, how?

5. Read the tips on cyber bullying. Discuss different perspectives on bullying and actions that can be taken.

- Block Users and don't reply.
- Delete/moderate comments.
- Report the user to an adult you trust.
- Refuse to post or pass along cyber bullying videos or messages.
- Save and print out any bullying messages, posts, pictures or videos you receive.

Resources
"Curriculum: Understanding YouTube and Digital Citizenship." *Google in Education*. Google, n.d. Web. 28 July 2014. <http://www.google.com/edu/teachers/youtube/curric/>.

Rubric
The counselor will monitor the activities as they progress and provide comments and guidance to students work.

Standards
Per the MCPS K-12 Comprehensive School Counseling Program, Personal/Social/Emotional Development Domain:
STANDARD 1: Students demonstrate knowledge and skills to understand and respect self/others.
STANDARD 2: Students identify and utilize processes to set and achieve goals, make responsible decisions, solve problems, and be safe.