

Inservice Lesson Plan Agenda
Topic: Cyberbullying

Attendees	-District wide workshop/presentation for parents/guardians and faculty. -Grades 4-12. Total time: 1 hour
Goal/Objective	All attendees will have a better understanding of cyberbullying from the perspective of both the victim and the cyberbully. The topics covered include the following: what cyberbullying is, its relevance, what topics prompt this act, the motives behind the cyberbully and what to do if you know him/her, how to identify victims, the effects of cyberbullying, responses, and prevention. At two separate times, the attendees will be asked to question their knowledge and relationship to this topic. The goal is to shed light on this very real topic, understand the impact it has on youth, and provide all those in attendance (teachers, faculty, admin, parents/guardians) the tools they need to confront it both inside and outside of the school setting.
Pre-Formal Introduction 10 minutes	-Upon entry, all attendees will be handed a pen and clipboard with two handouts that will be used during the presentation. -At this time, the title page of the presentation will be up on the screen.
Formal Introduction 5 minutes	-Host will introduce themselves and welcome those in attendance. -Host will introduce the topic and agenda. <i>(slides 1 + 2)</i>
Presentation 5 minutes	Topics covered: <i>(slides 3-9)</i> “What is cyberbullying?” “Why is it important to understand?” -Discussion on facts and statistics regarding the topic.
Interactive Activity #1 10 minutes **See handout below	Interactive Activity #1: <i>(slides 10-26)</i> “Self-check: How much do you know about cyberbullying?” -Guests will be asked to refer to their handout (with the same title) and answer the true or false questions. -Each question will be pulled up on the screen and presented simultaneously. Each answer will then be revealed and discussed.
Presentation 5 minutes	Topics covered: <i>(slides 27-29)</i> “Main topics of cyberbullying” “Understanding the motives of a cyberbully”

<p>Interactive Activity #2 10 minutes **See handout below</p>	<p>Interactive Activity #2: <i>(slides 30-31)</i> “Self-check: Have you ever been the cyberbully?”</p> <p>-Guests will be asked to refer to their 2nd handout (with the same title) and answer the true or false questions.</p> <p>-When the activity is done, the slide will be up on the screen and posing the following question: “Did your results surprise you?”</p>
<p>Presentation 15 minutes</p>	<p>Topics covered: <i>(slides 32 - 44)</i></p> <p>“What if my child/student is the cyberbully?” “Identifying victims of cyberbullying” “Effects of cyberbullying” “What if I know a victim?” “How to respond to a cyberbully” “Cyberbullying prevention”</p>
<p>Videos 5 minutes</p>	<p>-Host will pull up two videos and play them for all in attendance. <i>(slide 45)</i></p> <p>Video 1 - Target audience: 4th-8th graders “What’s Cyberbullying?” https://youtu.be/6ctd75a7_Yw</p> <p>Video 2 - Target audience: 6th-12th graders “What’s Your Story?” https://youtu.be/SdC7iBpD8Sk</p>
<p>Conclusion & Dismissal 2 minutes **See all handouts that will be provided below</p>	<p><i>(slides 46 + 47)</i></p> <p>-Host will conclude the presentation and thank all guests for attending.</p> <p>-Host will inform guests to grab handouts (specific to who they are) on their way out. There will be 1 handout available for parents/guardians and 6 handouts available for staff/faculty.</p>

Handouts and flyers that will be provided during and after the workshop are attached to the following seven pages.

SELF-CHECK: HAVE YOU EVER BEEN THE CYBERBULLY?

RATE YOURSELF ON THE FOLLOWING POINT SCALE ACCORDING TO IF, AND HOW MANY TIMES, YOU HAVE DONE THE BELOW ACTIVITIES. GIVE YOURSELF 0 POINTS IF YOU'VE NEVER DONE IT, 1 POINT IF YOU HAVE DONE IT 1 OR 2 TIMES, 2 POINTS IF YOU HAVE DONE IT 3-5 TIMES, 3 POINTS IF YOU HAVE DONE IT MORE THAN 5 TIMES.

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- ___Signed on with someone else's username to gather information?
 - ___Sent an online message from someone's account?
 - ___Impersonated someone online?
 - ___Teased or frightened someone online?
 - ___Not told someone who you really are online, telling them to "guess"?
 - ___Forwarded a private online conversation or e-mail without the permission of the other person?
 - ___Changed your profile or away message designed to embarrass or frighten someone?
 - ___Posted pictures or information about someone on a website without their consent?
 - ___Created a poll or asked about someone without their consent?
 - ___Used information found online to follow, tease, embarrass or harass someone in person?
 - ___Sent rude or scary things to someone, even if you were just joking?
 - ___Used bad language online?
 - ___Signed someone else up for something online without their permission?
 - ___Used an email address or username that looked like someone else's?
 - ___Used someone else's password for any reason without their permission?
 - ___Hacked into someone else's computer or sent a virus to them?
 - ___Insulted someone online?
 - ___Posted rude things or lies about someone online?
 - ___Voted in an online bashing poll or posted anything that was rude or mean?

NOW CALCULATE YOUR TOTAL SCORE:

0-1: Cyber Saint - You have great online behavior, keep it up!

2-10: Cyber Risky - You're not perfect, but few people are. Just be sure to not repeat your behavior and always think twice.

11-18: Cyber Sinner - Your online behavior needs to improve. Again, always think twice.

More Than 18: Cyber Bully - Pump the breaks and examine what you are doing and why you are making these decisions.

SELF-CHECK: HOW MUCH DO YOU KNOW ABOUT CYBERBULLYING?

PLEASE ANSWER THE FOLLOWING QUESTIONS BY CIRCLING "TRUE" OR "FALSE"

1. Boys are more likely to be targets of cyberbullying than girls. TRUE OR FALSE
 2. Victims report that they are primarily cyberbullied by strangers. TRUE OR FALSE
 3. Research has shown that parents utilizing blocking and filtering software decreases the likelihood of experiencing cyberbullying. TRUE OR FALSE
 4. Most students have experienced cyberbullying. TRUE OR FALSE
 5. Most who cyberbully others are "outcasts" or just "mean kids." TRUE OR FALSE
 6. Those who engage in traditional schoolyard bullying are also likely to engage in cyberbullying. TRUE OR FALSE
 7. Most targets of cyberbullying tell an adult (parent or teacher) about their experience. TRUE OR FALSE
 8. Educators do not have the authority to discipline students for cyberbullying that does not occur at school. TRUE OR FALSE
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CYBERBULLYING: GUIDE FOR PARENTS

WHAT IS IT?

"**willful** and **repeated** harm **inflicted** through the use of computers, cell phones, and other **electronic devices.**"

WHY IT'S RELEVANT

-Rise of technology
-Linked to anxiety, depression, substance abuse, sleeping problems, physical symptoms, and self-harm.

CYBERBULLYING TOPICS

Appearance
Sexuality
Race
Academic achievement

CYBERBULLYING MOTIVES

-Boredom
-Feeling restless or upset
-Anger
-Control and power
-Retaliation
-Influence

KNOWING THE CYBERBULLY

Acknowledge the issue - Remain calm - Keep open communication - Stop the bullying - Understand the problem - Investigate - Understand the victim - Set up controls - Share your concerns - Stay educated

VICTIMS: WARNING SIGNS

-Upset and frustrated after being online.
-Depressed and withdrawn.
-Uneasy and nervous about attending school
-Nervous and jumpy using social media.
-Loss of interest in normal activities.
-Unwillingness to share about online activity.

RESPONDING TO A VICTIM

-Ensure safety
-Communicate
-Work with the school
-Contact the provider
-Seek counseling
-Contact professionals (if need be)

PREVENTION: TIPS

1. Ask questions

What is your favorite app?
What apps are your friends into these days?
Do you ever get into arguments online?
Does cyberbullying happen a lot?
Do you think your school takes cyberbullying seriously?
Do they have a way for you to report it?
Have you left an online game because someone was being rude?

2. Encourage them to use their voice

3. Stay educated

RESOURCES

Youtube Videos:

4th - 8th "What's Cyberbullying?"
Created by Common Sense Education
https://youtu.be/6ctd75a7_Yw

6th - 12th "What's Your Story?"
Created by Mark C. Eshleman

featuring Tyler Joseph
<https://youtu.be/SdC7iBpD8Sk>

Entertainment: "13 Reasons Why" (NETFLIX)
"Cyberbully" (ABC) "A Girl Like Her"
"The Social Dilemma" (NETFLIX)

Websites:

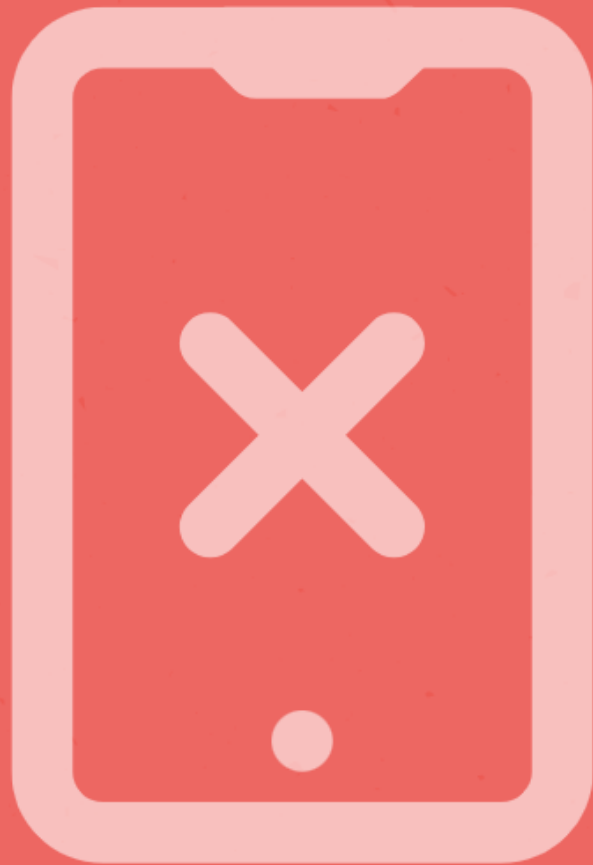
<https://cyberbullying.org/>

<https://www.cybersmile.org/>

<https://www.stompoutbullying.org/>

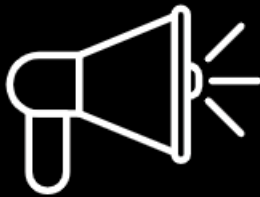
STOP CYBERBULLYING.

THINK TWICE BEFORE SAYING SOMETHING ONLINE



LEARN MORE ABOUT THE EFFECTS OF CYBERBULLYING AT:
[HTTPS://CYBERBULLYING.ORG/](https://cyberbullying.org/)

HOW TO RESPOND TO A CYBERBULLY



TALK ABOUT IT



BLOCK THEM



IGNORE THEM



SAVE EVIDENCE



TELL THEM TO STOP



**DON'T PASS
INFO ALONG**



DON'T RETALIATE



REPORT IT



**YOU'RE WEIRD.
WHY DO YOU TALK FUNNY?
YOU'RE A SL*T.
NO ONE WANTS YOU HERE.
YOU'RE FAT.
YOUR MOM IS AN ALCOHOLIC.
YOU'RE UGLY.
YOU HAVE NO REAL FRIENDS.
YOU'RE A B****.
THE WORLD WOULD BE BETTER WITHOUT YOU.**

**38% OF PEOPLE EXPERIENCE CYBERBULLYING
ON SOCIAL MEDIA PLATFORMS DAILY.**

**THINK TWICE BEFORE YOU SAY SOMETHING ONLINE.
#STOPCYBERBULLYING**



STAND UP AGAINST CYBERBULLYING

#STANDUPANDSPEAKOUT

