



Computing

Online Safety

Cyberbullying



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Aim

I can find similarities and differences between bullying and cyberbullying.
I can identify good strategies to deal with cyberbullying.

Success Criteria

- I can say what bullying and cyberbullying are.
- I can suggest ways in which people could deal with cyberbullying.
- I know why cyberbullying can be as harmful as in-person bullying.

What Do We Know?



Use one colour to jot down the answer to this question.

Now, use a different colour to jot down the answer to this question.

What is bullying?

Your answers might also include examples of types of bullying.



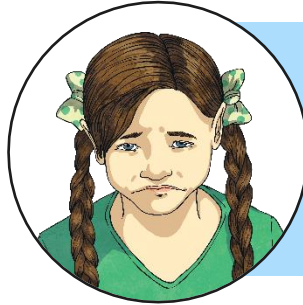
What is cyberbullying?

What Do We Know?

So, what *is* bullying?

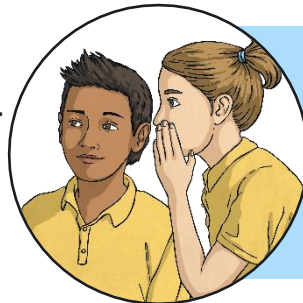
Bullying is unwanted, aggressive or unpleasant behaviour towards someone which causes them any kind of harm. Usually, the behaviour is repeated over time, without provocation.

Which types of bullying might happen in person?



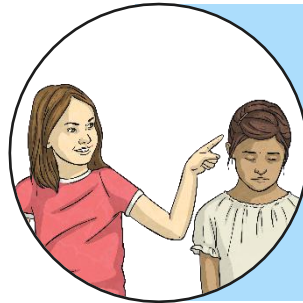
Verbal bullying

This could be teasing, name-calling, making inappropriate comments, taunting or threatening to hurt someone.



Social bullying

People not to be friends with the victim, spreading rumours, embarrassing someone in public on purpose.



Physical bullying

Sometimes the most obvious kind of bullying, this could be: hitting; kicking; pinching; spitting; tripping or pushing; breaking someone's belongings; making rude gestures.

Cyberbullying



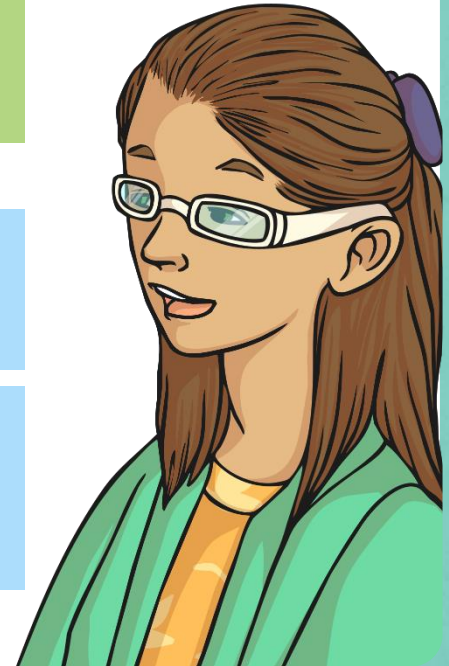
Discuss with a partner what you think **cyberbullying** means.

One definition of **cyberbullying** is:

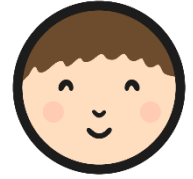
the use of **electronic** communication to bully a person, typically by sending messages of an intimidating or threatening nature.

Can you think of any other examples of cyberbullying?

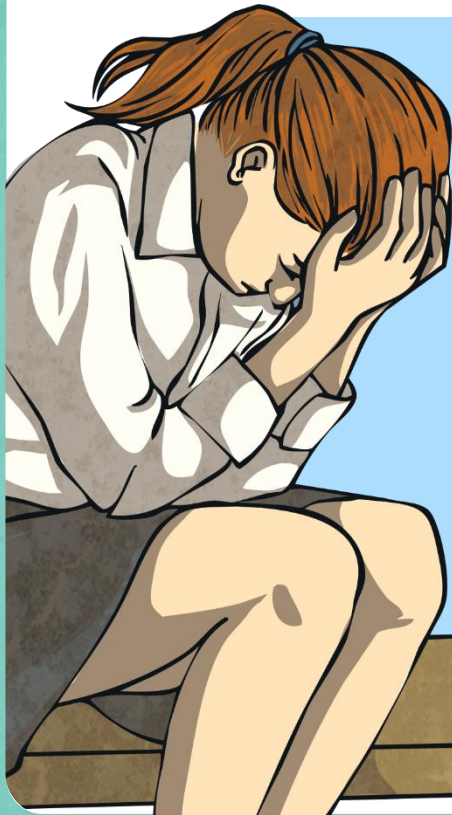
On which websites or platforms could you witness or experience cyberbullying?



Bullying vs Cyberbullying



What are the similarities and differences between bullying in person and cyberbullying? Use the activity sheet to record your answers.



Bullying vs Cyberbullying

Use the table to compare cyberbullying with bullying in person. There may be some areas which are the same, but some are different. You can use the bottom boxes to add any ideas of your own.



| Bullying in Person | Cyberbullying |
|---|---------------|
| The bullying happens verbally, socially or physically, usually at one particular place. | |
| The person can avoid the bully when they are away from that place. | |
| The person usually knows who the bully is. | |
| Other people at that place or in that group might know about the bullying. | |
| The bully can see if the person gets upset or angry. | |
| Can have a long-lasting effect on the person being bullied. | |
| There are ways to deal with the bullies, such as talking to an adult. | |

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Comparing 'in person' bullying and cyberbullying

Bullying vs Cyberbullying

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Bullying vs Cyberbullying



What similarities and differences did you come up with?

Bullying in Person

The bully can see if the person gets upset or angry.

Cyberbullying

The bully cannot see the effect on the person and this means they are less likely to feel guilty. Other people can't see that the victim is hurt, and they are less likely to intervene.

What Would You Do?



I am going to give you different scenarios. After I have read each one, make a note of what you would do.



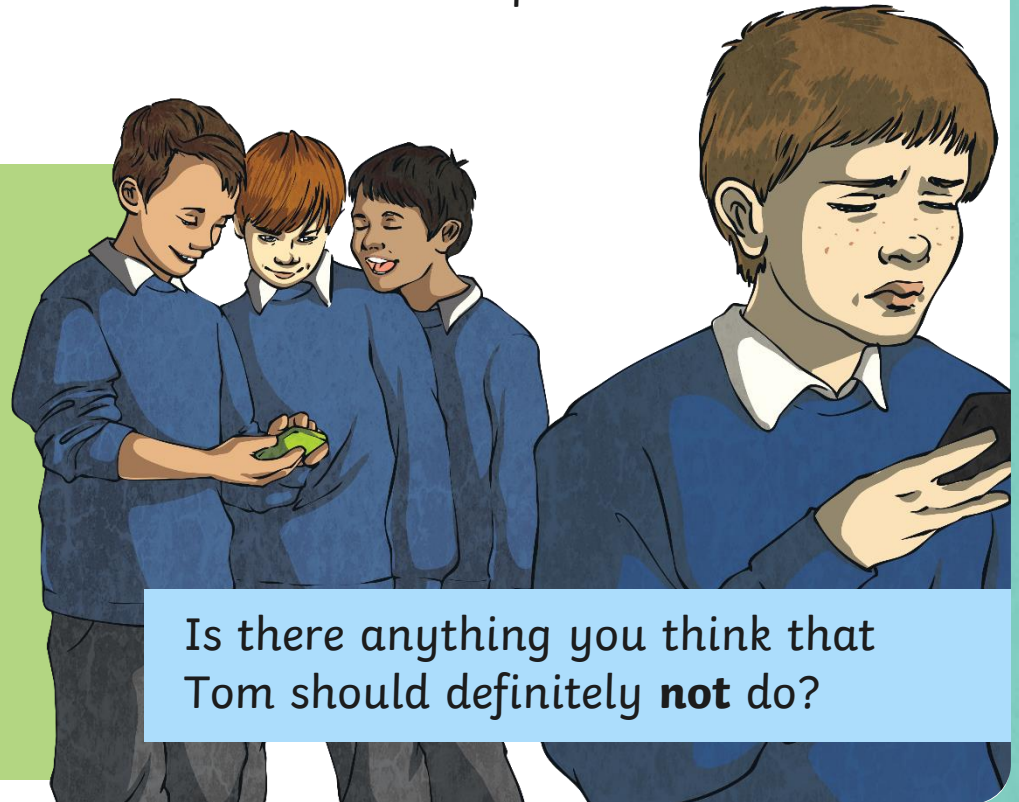
What Would You Do?



Tom has a social media profile, and likes to post photographs of his hobbies. Some children at his school have started to comment underneath the photos using rude language and making nasty remarks. Tom's parents don't use social media and don't understand when he tries to explain.

What should Tom do?

- He could tell an adult whom he trusts.
- He could report the comments anonymously on the site himself.
- He could report the bullies to school so that they can deal with those involved.
- He could block the bullies on the site.



Is there anything you think that Tom should definitely **not** do?

What Would You Do?



Ellie plays video games at home over the internet, using her games console and a headset. She plays with some of her classmates, but there are other players in the game who use very inappropriate language and make her feel uncomfortable.

What should she do?

- She could tell an adult whom she trusts.
- She could ask the players to stop using the language, and if they don't, she could report the players to the game administrators, who will punish them or stop them from playing.
- She could ask her friends to play without the bullies or to play a different game.



Is there anything you think that Ellie should definitely **not** do?

What Would You Do?



Zara has received a group message which makes fun of her friend. Lots of other people are involved in the group chat and are commenting on the way that her friend looks and dresses. At first, Zara joined in but now the texts are becoming really mean.

What should she do?

- She could show the texts to an adult, even if she thinks that she might get in trouble for joining in.
- She could remove herself from the chat so that the bullies have one fewer person to reach.
- If they go to the same school, she could report it to a teacher.



Should Zara screenshot the chat?

Should she tell her friend?

What Would You Do?



Some people at Lizzy's school took a picture of her and posted them online with a nasty caption underneath. She has no idea who took the picture or who posted it first. Lizzy has seen that the picture has been shared by people at another school too.

What should Lizzy do?

- Lizzy could anonymously report the original post to the site it was posted on.
- Lizzy could tell an adult whom she trusts.
- Lizzy could report it to her school, who would be able to contact the school of the other children involved.



Reflection



Do you think that cyberbullying is as harmful as bullying someone in person? Give a reason for your answer.

What can we do as a school to prevent cyberbullying?

What can you do as an individual?



Remember that there is always something you can do to help if you are worried about anyone, including yourself, online.

If You're Worried....



If you are worried about cyberbullying, there are lots of good sources of advice online:

- www.childline.org.uk
- www.thinkuknow.co.uk
- www.bullying.co.uk/cyberbullying
- www.safekids.com/tips-to-stop-cyberbullying
- www.childnet.com/young-people

If you want to talk to somebody about cyberbullying, then you can call Childline anytime, on 0800 1111

