
Cyber Harassment: Bullying and Stalking Online

Webcast Lesson Plan

i-SAFE Lesson Plan

Suggested Grade Levels – Middle and High School

Description

This Webcast is designed to increase student awareness of the problems associated with online communication primarily the various aspects of cyber harassment, including cyber bullying and cyber stalking. The primary objective is to enable students to make responsible choices while online and to empower them to be better cyber citizens.

This lesson is composed of several key elements:

- 1) The Webcast delivered via www.isafe.org (click on quick link *webcasts*)
- 2) Directed discussion breaks during the Webcast for students in the classroom, facilitated by the classroom instructors
- 3) Cooperative group enrichment activities at the conclusion of the Webcast.

Learning Objectives

The objectives of this lesson are to enable students to:

- Understand the potential for online harassment during cyber communication
- Understand the resources available if being cyber bullied or stalked
- Understand the consequences for those who participate in online harassment

Enrichment Goal

Learners will interact in the classroom environment through group discussion and examination of online privacy issues. Learners will be provided with materials to engage in an enrichment activity, which includes creating awareness about Cyber Bullying issues and/or working to promote anti-cyber bullying policies within the school and community.

Materials / Preparation

1. Access to the Webcast, *Cyber Harassment: Bullying and Stalking Online*
2. A copy of the Enrichment Activity page: Road Rage - Cyber Bullying and the page from the Student Toolkit on Poster Awareness Campaigns
3. Online i-Mentor registration (each student) to receive supporting online training videos and i-Mentor Toolkit materials

Pre Assessment

If beginning the i-SAFE program with this lesson, administer the pre assessment online at www.isafe.org by clicking on the link, Assessments, prior to the lesson. To verify School ID#, login at isafe.org, go to the "My Info" page and select "Find your school ID".

Lesson Procedures

All students participating in the i-SAFE curriculum are considered to be mentors. If they haven't done so already, have students enroll online by clicking on "Create Account" at www.isafe.org to take full advantage of the support and incentives offered. This may be done at any time during the lessons, or students may complete this registration at home. If you would like to register your students yourself simply go to <http://www.isafe.org/teachermentorprogram> and fill out the information for your students and email to outreach@isafe.org. Your students will then be

enrolled to receive information about sharing internet safety with other students and will be registered to participate in contests to win prizes.

Access the Webcast

Access the webcast at www.isafe.org by clicking on quick link *Webcasts*. To find School ID Number: Login and check your "my info" page at www.isafe.org for school id #.

A high-speed Internet connection (T1, ISDN, DSL or Cable Modem) is needed to view the Webcast. If you do not have a computer with a high-speed Internet connection, please contact your District Coordinator or the i-SAFE Professional Development Consultant for your area.

Activity 1

Pre Webcast Discussion

Introduce the topic: Inform the students that today they will be talking about the social issue of cyber harassment.

Play the Webcast; pause at the first discussion break.

WEBCAST—CYBER HARASSMENT

Synopsis of Webcast—Part I

Hosts Chris and Brittany define cyber bullying and cyber stalking. They refer to statistics to show how common bullying is online.

Discussion 1

This is the first discussion break in the Webcast. Lead the students in a discussion by utilizing the following questions:

Question #1: Have you ever been bullied or witnessed bullying online?

Question #2: How were you affected?

Question #3: Do you know anyone who has been stalked online?

Play the Webcast; pause at the next discussion break.

Synopsis of Webcast—Part II

The devastating effects of cyber bullying are examined and chloe introduces the story of Ryan Halligan.

Discussion 2

Use the following open-ended questions as a guide to facilitate a preliminary discussion about the legal aspects associated with cyber bullying and harassment.

Question #1: When does your right to free speech interfere with other people's right to privacy and a good reputation?

Question #2: If you could make the laws concerning harassment online, where would you draw the line?

Play the Webcast; pause at the next discussion break.

Synopsis of Webcast—Part III

Chris and Brittany explain the criminal and civil laws on the books that protect victims from cyber bullies and stalkers.

Discussion 3

Use the following open-ended questions as a guide to facilitate a discussion about the concepts associated with prevention of cyber bullying and harassment.

Question #1: What can you do to prevent being bullied or stalked online?

Question #2: If you do become a victim, what steps can you take ensure you're safety?

Play the conclusion of the Webcast

Synopsis of Webcast—Conclusion

Chloe explains ways to protect yourself against cyber bullies and discusses the warning signs that your friend may be a victim of cyber harassment. The Webcast is concluded with a wrap-up and introduction of possible community outreach options available to students.

Final Discussion

Upon the conclusion of the Webcast, allow students to discuss the following:

Question #1: Why is it important to discuss issues like cyber bullying and harassment?

Question #2: How can knowing about the issues help? (prevention, helping friends, knowing what to do, etc.)

Question #3: Is it important to inform others on this issue? Who else might need to know about it? (other students, faculty, parents, etc.) How can you reach others with this important message?

Conclusion

- Lead into a discussion about the Enrichment Activity.
- Provide copies of the reference pages: *Road Rage - Cyber Bullying Awareness* for each student.
- Discuss why it is important for students to share what they know about Cyber Bullying safety.

Enrichment Activity

Youth who participate in activities to share what they have learned about Internet safety are more likely to practice safe habits online. Additional lessons and support for students, teachers, and parents on Internet safety topics are available from i-SAFE Inc. www.isafe.org.

i-SAFE provides the easy to access i-Mentor Training Network videos at no cost to help students share their knowledge about Internet safety with the uninformed. The 8-10 minute videos provide specific “how to” information on accomplishing i-SAFE outreach activities. They are available to students by going to the X-Block at www.isafe.org and selecting the i-Mentor Training Network.

The enrichment activity for this lesson is to engage students in an activity to promote cyber bullying awareness and anti-cyber bullying policies within the school and community.

Student Instructions:

Registration

3. Go to www.isafe.org and register
4. Download the i-SAFE Student Toolkit and refer to the section on community posters

Part 1

Awareness – Poster Campaign

- Refer to the reference pages on cyber bullying on Internet safety poster development
- Research and decide on a group or area that could benefit from posters on the selected topic.
 - Brainstorm—where could you hang posters on this topic?
 - Some possibilities: Library, school, mall, airport, etc.
- Contact the group/person in charge of the areas you select to ask permission to hang posters. If needed, be prepared on your topic so you can “sell” them on the idea over the phone. (i.e. explain the benefits, issues, etc. and why your posters will help.)
- Decide on number of posters needed.

Design and Hang Posters

1. Design posters using the reference pages on cyber bullying.
2. Create posters.
3. Have others “proof” posters to ensure no mistakes have been made.
4. Hang posters in a public area.

Part 2

Promoting anti-cyber bullying policy

1. Refer to the reference page on promoting anti-cyber bullying policy.
2. Research the anti-bullying policy used at your school. Does it include provisions for cyber bullying incidents?
3. Using the information you learned from the webcast and the reference pages create a policy, including guidelines/rules that would ensure student safety from cyber bullying at school.
4. Meet with a teacher or other school advisor to review the policy and create in final format.
5. Meet with school administrator or student council to present the anti-cyber bullying policies and rules.
6. Use the posters created in Part 1 to support awareness of the issue.

Post Assessment

Administer the post assessment online at www.isafe.org by clicking on the link, Assessments, if this is your last lesson for i-SAFE. To verify School ID#, login at isafe.org, go to the “My Info” page and select “Find your school ID”.

Related Lessons

The i-SAFE lessons: Social Issues (webcast) and Cyber Bullying grades 6-8 provide additional related information.

Contact us

We’d like to hear from you! E-mail teachers@isafe.org to share any unique ideas and/or experiences you had during implementation of this lesson.

Road Rage - Cyber Bullying

Can't we all just get along? It's not always fun and games on Highway 411. There are crazy DRIVERS out there that want to ruin it for others. Flame e-mail, hate mail, harassment on bulletin boards or blogs, nasty text messages, and websites specially made to hurt people's feelings can cause serious damage in the long run.

Here are ways to keep the cyber bullies from pushing you around.

Myth—I cannot be held accountable for what I say or do online.

Fact—Cyber Bullying can be considered a form of harassment in most states punishable by law as a misdemeanor and in some cases a felony if there is a reasonable threat to a person's personal safety.

The United States Data Protection Act also upholds the right to keep personal information and records private. Depending on how personal the information is, posting someone's private and personal information on the Internet without their permission can result in punishment by federal law.

What do you do if you're being bullied?

- *Be strong and stop it early. Don't stoop to their level and lash back.*
- *Don't suffer in silence. Tell an adult. Keep telling people until someone takes action.*
- *Don't open or read messages from cyber bullies.*
- *If the problem continues alert the local police department.*
- *Tell your school if it is school related. If your cyber bully attends your school, contact your teacher or principal.*
- *Don't erase the messages.*
- *Log all dates and time. Put them in a folder and hold them as evidence.*
- *Change your e-mail address or screen name.*
- *If it's happening with text messages, change your cell number.*
- *Take screen shots of your chatroom pages.*
- *Save URLs, e-mail addresses, and profiles of the bully.*
- *Stay protected—Never agree to meet with a bully face to face.*
- *Block the bully if you are in a chatroom or IMing.*

Avoid being cyber bullied

- Be kind to others and use netiquette (no flooding, be nice to newbies, avoid using all caps, and set a good tone).
- Don't give out personal information online like pin numbers, passwords, home address, cell number, family and friends' names. The information can and will be used against you.
- Avoid exchanging pictures or give out e-mail addresses to people you meet online.
- Don't send messages when you are angry.
- Trust your instincts. When things don't seem right, it probably isn't. Get out of the site, end the chat, or turn off your CPU or cell phone.

Promoting Anti-Cyber Bullying Policy

Cyber harassment – bullying with technology is a growing problem. Most schools have their own bullying plan in place with penalties that can range from detention to expulsion. It is important to make sure that cyber bullying is specifically addressed in any plan.

You can help clarify or even create cyber bullying policy in your school or other local middle and high school.

Think about how you can get support for this type of project within the school. Who can make it happen along with you?

Think of as many possibilities as you can – student government, teachers, clubs, advisors, administration, etc.

Plan of action –

1. Research the anti-bullying policy used at your school. Does it include provisions for cyber bullying incidents?
2. Using the information you learned from the webcast and the reference pages create a policy, including guidelines/rules that would ensure student safety from cyber bullying at school.
3. Meet with a teacher or other school advisor to review the policy and create in final format.
4. Meet with school administrator or student council to present the anti-cyber bullying policies and rules.
5. Use the posters created in Part 1 to support awareness of the issue.



Draw Attention—with Internet Safety Posters

Create Awareness Art that Promotes Internet Safety!

One of the best ways to reach out and get your message across is through expression. A creative poster that inspires, educates, and motivates students to be responsible and safe online is right at your fingertips.

Gather Materials!

- **Cardboard, poster board or butcher paper—anything easy to paint or write on**
- **Paint and Paint Brushes**
- **Crayons, Markers, Pencils**
- **Masking Tape (to attach posters to windows or doors)**
- **Magazines**
- **Scissors**
- **Glue**
- **Optional: Computer Software (i.e. Adobe Photoshop[®], Illustrator[®], Microsoft Paint[®], etc.) to enhance or create your awareness art digitally**

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22 Build It!

On some scrap paper, draw up a rough idea of what you'd like the poster to look like. Internet Safety is the theme. Remember to use **powerful words and bold pictures** to catch everyone's attention. You can use quotes, song lyrics, or passages from a book. (Be sure to cite your source.) You can even cut out lettering or photos from old magazines to use. Next, get to work! Take your idea and make it come to life.

Post It!

Put your poster up where the most people will see it. A poster is only as good as its **location**. Be sure to ask your principal before you hang posters around school. If your class is creating a large number of posters, create a cyber art gallery in the school library, cafeteria, or main hallway. Create a "Hallway of Inspiration" motivating students to be safe online. You can also ask your favorite restaurant or music store if you can hang a poster in their window to get the message out to the community!

Be Creative! A poster that draws attention is one that gets your message across!

Sample Poster Ideas

(See the *Driver's Education* section or the *Stuff You Need To Know First* section for an explanation of terms)

- The Grooming Techniques—Identify the ways an online predator operates.**
- Internet Safety—Why it's important to never reveal personal identifying information.**
- Viruses, Worms & Trojan Horses—How to recognize and avoid them.**
- Online Bullies—What to do if you encounter them?**
- Intellectual Property—Download what?**
- The 4 Rs—Recognize, Refuse, Respond and Report.**
- Top Ten List of Internet Safety.**

Hints for Poster Topics

How do you use the Internet in your everyday life?

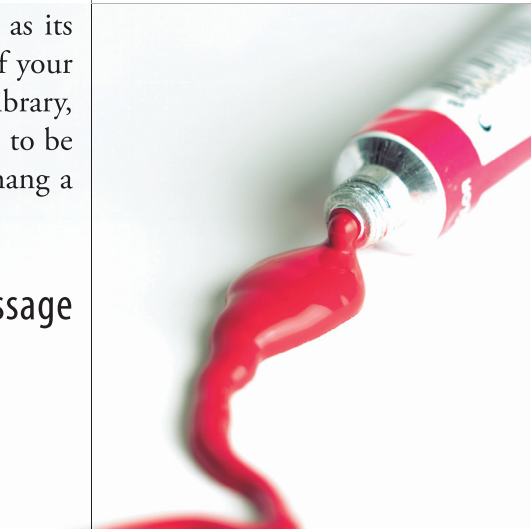
Examples: surfing, chatting, communicating, or research

What dangers can you find on the information superhighway?

Examples: cyber predators, identity theft, viruses, copyright infringement, and hackers

How does i-SAFE help you to be safe on the Internet?

What can you do to be safe online?



Hold a Poster Contest!

Organize a poster contest to get your friends to create many different types of Internet safety posters. Explore different themes. Give prizes to the most creative, the best design, the most inspirational, etc. Have fun with it, it's your contest!