Cyber Bullying

1. Get group into a circle and review the purpose and goals of the class meeting.

Say: **Today we are going to talk about cyber bullying. Before we start can everyone remember what our four rules are?** Review each rule and what each rule means with your group

* **I will not bully others**
* **I will help others that are being bullied**
* **I will include students that are left out**
* **I will tell an adult when I know someone is being bullied**

1. Say: **Now we are going talk about cyber bullying.** **What is Cyber bullying?** Answer found in video: [Stand Up to Cyber bullying](http://www.onguardonline.gov/media/video-0005-stand-cyberbullying)
2. After the video talk about why cyber bullying is different?

* Kids who are being cyber bullied are often bullied in person as well. Additionally, kids who are cyber bullied have a harder time getting away from the behavior.
* Cyber bullying can happen 24 hours a day, 7 days a week, and reach a kid even when he or she is alone. It can happen any time of the day or night.
* Cyber bullying messages and images can be posted anonymously and distributed quickly to a very wide audience. It can be difficult and sometimes impossible to trace the source.
* Deleting inappropriate or harassing messages, texts, and pictures is extremely difficult after they have been posted or sent

1. What are the Effects of Cyber bullying?

[Cell phones](http://pwmteachers.pbworks.com/w/page/60176817/17th%20Lesson%20(7th%20and%208th%20Grades)) and computers themselves are not to blame for cyber bullying. Social media sites can be used for positive activities, like connecting kids with friends and family, helping students with school, and for entertainment. But these tools can also be used to hurt other people. Whether done in person or through technology, the effects of bullying are similar. **What are some effects of bullying?**Kids who are cyber bullied are more likely to:

* Use alcohol and drugs
* Can hurt themselves or others
* Experience in-person bullying
* Be unwilling to attend school
* Receive poor grades
* Have lower self-esteem

 Watch short video from YouTube, [Cyberbullying: The Next Generation of Hate](https://www.youtube.com/watch?v=YxKYU3SIDhI&safe=active)

**Discuss difference between real world actions compared to online actions** through this [Effects of cyber bullying](http://district.seattleschools.org/modules/groups/homepagefiles/cms/1583136/File/Departmental%20Content/cyber%20bullying/lesson%201/cbms_1_sa1.pdf?sessionid=eacbafe45486326c6918891aff92b175)activity from seattleschools.org website.  This is a good activity to help students visualize cyber bullying actions.

1. Steps to Take Immediately

* Don’t respond to and don’t forward cyber bullying messages.
* Keep evidence of cyber bullying. Record the dates, times, and descriptions of instances when cyber bullying has occurred. Save and print screenshots, emails, and text messages. Use this evidence to report cyber bullying to web and cell [phone service providers](http://pwmteachers.pbworks.com/w/page/60176819/18th%20Lesson%20(7th%20and%208th%20Grades)).
* Block the person who is cyber bullying.

1. If there is time you may want to [cyber bullying video- virus](http://www.youtube.com/watch?v=-5PZ_Bh-M6o&feature=player_embedded)