

"The Internet Starts with I"
Lesson Plan | High School

I Take Care of Myself

Lesson Goal:

I know how to get back up when online drama happens.

Estimated Time:

20-25 Minutes

Materials and Resources:

Teacher should review [ConnectSafely's Tips to Help Stop Cyberbullying](https://bit.ly/3qrPIP8) (https://bit.ly/3qrPIP8) and ConnectSafely's [The Parent's Guide to Cyberbullying](https://bit.ly/35KKYaf) (https://bit.ly/35KKYaf) to get a complete understanding of what cyberbullying is and what experts recommend for youth, parents, and schools.

Index cards or cardstock to cut into business-card sized pieces

Pens or fine point markers

Activity Procedure:

1. Introduce cyberbullying by asking students to read the sections titled Defining cyberbullying and Young people may use different terms in ConnectSafely's The Parent's Guide to Cyberbullying. Once they have read, ask them to work in pairs or threes to come up with:

- A definition of cyberbullying in their own words.
- Synonyms for the term cyberbullying that they often use or hear their peers use online or in conversation.
- Hypothetical examples of cyberbullying. To avoid identifying peers involved in previous incidents, it is important that these examples are truly hypothetical and do not include facts or names associated with previous incidents. Be sure to emphasize this with students.

2. Have students share out and discuss their group's work. The teacher can moderate the discussion, but should avoid correcting students since their definitions, terms, and examples are based on their own lived experiences. Those experiences should be validated to lend credibility to this lesson.

3. Call for Backup:

- Part 1: Ask students what it might mean to "call for backup" when an instance of cyberbullying occurs. Who could be called? How could that person be called or communicated with? Some answers might include:
 - Who? - best friend, sibling, parent, teacher, counselor
 - How? - text message, talk in person, voice or video call

- Part 2: Create a Call for Backup Card
 - Either the teacher can create business-card sized cards from cardstock and distribute to students, or students can cut out their own cards.
 - Have students write a list of names on one side of the card. The names should be the individuals each student would feel comfortable reaching out to as a backup or support when cyberbullying happens. Next to each name, encourage students to write a word or draw an emoji to show why that person is worthy of the list.
- Once students have filled out their cards, encourage them to share out the reasons they chose the people they listed. There is no need to share the actual names on the list to respect their privacy and their relationships.
- Tell students to slip their Call for Backup Card in their phone case. It will be easy to access if a cyberbullying instance occurs. Also, they will likely have heightened emotions if this occurs and reading what they wrote when they more level-headed will help. It will also be handy right on their phone since that is likely the device they use most often to visit social media. Students with clear phone cases might want to decorate the flipside of their Call for Backup card so it adds to their phone's appearance within the case.

Extension to Parents Share what your students learned and encourage parents to reinforce these concepts at home. See saferinternetday.us/lesson-plans (<http://bit.ly/2Y84vgF>) for a suggested email template you can adapt.



ConnectSafely lesson plans are shareable with attribution for noncommercial use only. No remixing permitted. View detailed license information at creativecommons.org.