

## "The Internet Starts with I" Lesson Plan | Middle School

# I Take Care of Myself

### Lesson Goal:

I have an action plan to take care of myself online.

### Estimated Time:

25-35 Minutes

### Materials and Resources:

Teacher should review the [Tips to Help Stop Cyberbullying](https://bit.ly/3qrPIP8) (https://bit.ly/3qrPIP8) and [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.

### Activity Procedure:

1. First, find out what your students know. Ask them:

- What is bullying or cyberbullying? (Note: Some adolescents use the word "drama" to describe the online bullying that can happen on group texts, on social media, or within the chat feature of online gaming.)
  - Ask students to give some examples. (Answers might include: posting embarrassing photos or images that are edited, posting threats to harm someone physically or emotionally, posting information that is untrue about someone, purposely excluding someone from a post, and more.)
  - Come up with a definition that everyone in the room can agree on and write or project it where everyone can see.
- There are 3 roles we can experience in cyberbullying. Work as a class to define them together and write or project them where everyone can see.
  - Target
  - Witness
  - Perpetrator

2. Important Note: Mention to students that today's activity will focus on what to do in situations when they are a target. Most people are a target at some point or as multiple points in their lives, even adults. It is not the target's fault when this happens and there are action steps we can take to improve and even resolve the circumstances.

3. Students should start by reading the section titled **For Kids and Teens** in the Tips to Help Stop Cyberbullying. Once they have read it, check for understanding by discussing the following question with them: What is the advice from ConnectSafely about steps to take when cyberbullying happens?

4. Time to Create: Students will create their own shareable comic-style plan for when cyberbullying happens to them using [this graphic](#). (Image Credit: ConnectSafely) Teachers can print the graphic for students to record their ideas on paper or distribute it to them digitally to add their ideas using a device.

- Action Bubble: Tell what type of cyberbullying has occurred. Describe what was said or posted and how it feels to be a target. See examples from class discussion for ideas.
- 3 Thought Bubbles: What are the thoughts and ideas that should come to mind right away when this happens. Some examples for teachers to help individual students who might get stuck:
  - “This isn’t my fault and I can do something about it.”
  - “I will tell \_\_\_\_\_ so she/he can say something and stand up for me.”
  - “Even though I feel angry and sad, I’m not going to respond or retaliate right away because I know that might make the situation worse.”
  - “I know how to find the reporting feature of \_\_\_\_\_ (insert platform name) and can use that tool to help prevent this from happening again.”

5. Ask students to share out their comic-style graphics in pairs, small groups, and then with the entire class. Welcome feedback to classmates’ work, For instance, a teacher could ask, “Did you learn about new responses or actions you could take by listening to your classmates.” They should explain the characteristics of each as they show what they’ve created.

6. The teacher can invite students to share their work with ConnectSafely by allowing the teacher to:

- Email their work to ConnectSafely at [SID@connectsafely.org](mailto:SID@connectsafely.org).
- Tweet their work to ConnectSafely at [@ConnectSafely](https://twitter.com/ConnectSafely) with the tags [#SID2021](#) and [#SaferInternetDay](#).

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



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