



Everyone's Involved

Objectives:

Students will:

- Consider the effects of cyberbullying
- Learn how to get help if they are affected by, or if they witness, cyberbullying

Materials:

- Computer with Internet access
- "Everyone's Involved" handout

Class Time:

- 1 hour

Activity:

Kyle knew that Jack didn't like him. Jack hadn't liked him since first grade. But now that they're in middle school, things are getting completely out of hand. What started with dirty looks and snickering has turned into nasty emails, mean texts, and online rumors. Earlier today, Kyle found out about a Facebook page called "Kyle Cheats" where Jack and his friends were posting lies about Kyle cheating in class and on the soccer field. Kyle can't ignore this anymore. After reading the articles at KidsHealth, have the class break up into three groups: one representing Kyle, one representing Jack, and one representing Kyle's and Jack's classmates, who are bystanders to the bullying. Using the "Everyone's Involved" handout as a guide, discuss each party's role in the conflict. Share your findings. Then, as a group, come up with at least three ways Kyle can get help.

Extensions:

1. Compare cyberbullying with offline bullying. What role does peer pressure play in both? Why do some people think it's easier to get away with cyberbullying? What effects could it have on the person being bullied?
2. Create a Class Code of Online Conduct. Have all students sign it, make copies to send home to parents (and post on the school website), and place it in the computer lab, cafeteria, and library – wherever students go online.

Reproducible Materials

Handout: Everyone's Involved

KidsHealth.org/classroom/6to8/problems/emotions/cyberbullying_handout1.pdf

Quiz: Cyberbullying

KidsHealth.org/classroom/6to8/problems/emotions/cyberbullying_quiz.pdf

Answer Key: Cyberbullying

KidsHealth.org/classroom/6to8/problems/emotions/cyberbullying_quiz_answers.pdf



Names: _____

Everyone's Involved

Date: _____

Kyle

Jack and his friends are posting lies about Kyle – that Kyle cheated on his math quiz and during his last soccer game. How do you think Kyle might feel when he reads this?

What are some things Kyle might be able to do to make the situation better?

What could Kyle do that would make the situation worse?





Names: _____

Everyone's Involved

Date: _____

Jack

Jack and his friends are posting lies about Kyle – that Kyle cheated on his math quiz and during his last soccer game. How do you think Jack might feel when Kyle reads this?

What are some things Jack might be able to do to make the situation better?

What could Jack do that would make the situation worse?





Names: _____

Everyone's Involved

Date: _____

Classmates

Jack and his friends are posting lies about Kyle – that Kyle cheated on his math quiz and during his last soccer game. How do you think the classmates feel when they read this?

What are some things the classmates might be able to do to make the situation better?

What could the classmates do that would make the situation worse?





Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: It's OK to say mean stuff about other people online because no one can find out it was you.
2. If someone threatens you or says something that makes you feel uncomfortable when you're chatting online, you should:
 - a) threaten the person back
 - b) tell a parent or trusted adult immediately
 - c) ask for his or her phone number
 - d) meet the person so you can settle it face to face
3. True or false: If someone you know is being bullied online, you should stay out of it. It's none of your business.
4. Name two of the possible health-related effects that cyberbullying can have on a victim.

5. True or false: Cyberbullies can face serious consequences such as being kicked off sports teams or suspended from school. Some even face legal punishments.



Quiz Answer Key

1. True or false: It's OK to say mean stuff about other people online because no one can find out it was you.
2. If someone threatens you or says something that makes you feel uncomfortable when you're chatting online, you should:
 - a) threaten the person back
 - b) tell a parent or trusted adult immediately
 - c) ask for his or her phone number
 - d) meet the person so you can settle it face to face
3. True or false: If someone you know is being bullied online, you should stay out of it. It's none of your business.
4. Name two of the possible health-related effects that cyberbullying can have on a victim.
Any two of the following: The victim can have problems due to stress or fear, with mood, energy level, sleep, and appetite. The victim can feel jumpy, anxious, or sad. If someone is already depressed or anxious, cyberbullying can make things much worse.
5. True or false: Cyberbullies can face serious consequences such as being kicked off sports teams or suspended from school. Some even face legal punishments.