Connections Idea of the Week
For Week ending 4/9/10

Connection to Goal
- Academic Achievement/Community Awareness

Amount of Time:
- 25 Minutes

Materials
- Digital projector and internet connection

Summary of Activity <u>for the Advisor</u>:

<u>All Connections</u>
The purpose of this activity is to increase awareness and empathy among students with regard to cyberbullying and online social cruelty. Through visual media and discussion, students are encouraged to reevaluate their own online behavior and to explore their collective civic responsibility to make the Internet a safe "neighborhood."

- <u>What is cyberbullying?</u> *(Cyberbullying is willful and repeated harm inflicted through electronic media.)*

- <u>What forms does it take among your peers?</u> *(Some forms include flaming, harassment, denigration, exclusion, impersonation, outing and trickery.)*

- <u>Where does it happen most often?</u>*(Common vehicles include social networking sites [MySpace, Facebook, etc.], other Web sites, chat rooms, e-mail, instant messaging, text/picture/video messages, gaming sites, blogs and message boards.)*

<u>After reviewing questions</u>

Show *Let's Fight it Together, a seven-minute* film produced in the United Kingdom by Childnet for the Department for Children, Schools and Families to help sensitize young people to the pain and hurt which can be caused by cyberbullying. (Follow link to view film: **http://www.digizen.org/cyberbullying/fullFilm.aspx)**

Read/Review/Discuss/Do <u>with students</u>:

<u>After viewing video clip</u>
Review the following questions with students:

- Why do you think Kim targeted Joe for harassment?
- Why do you think Joe endured the cyberbullying without seeking help?
- Why do you think Rob and the other bystanders joined in or allowed the cyberbullying to go on without interrupting it?
- Have you experienced or witnessed instances of cyberbullying like this one? If so, how did you respond?
- After watching this film, would you respond differently in the future?

<u>With or without watching video clip</u>

Review the following skills students should use to help prevent cyberbullying.

Before going online…
- Talk with parents/guardians about rules for going online, such as the time of day and length of time you can be online, and sites you are allowed to visit. Do not visit other areas or break these rules without their permission.
- Remember that no message is completely private, including e-mail and text messages. Your school and adult family members may be watching your online activity, and police can recover all messages, even if you have deleted them. If you are using the Internet to harm others, chances are you will be caught and punished.
- Be aware that many Internet Service Providers have rules about online behavior. If you break them, your account—and every account in your home—could be canceled. If you break the law, you may also be reported to the police.
- Make sure that you limit your internet use to a reasonable amount of time and ask yourself if you are keeping a healthy balance between online and in-person activities.

While online…
- Never share private information about others and never say things that might violate the safety or rights of others, even if you mean it as a "joke."
- Limit the amount of personal information you share online and don't post your full name, school name, home address, phone number, and personal photos in places where strangers can find them.
- Never share passwords, account IDs or PINs with others (even your best friend), with the exception of your parents/guardians—never hide this information from them.
- Don't leave cell phones or other personal electronics (such as a laptop, iPhone, Blackberry, PDA, etc.) out of your sight.
- Remember that some people are dishonest about their identity online. Avoid chatting with strangers on the Internet. A friend you meet online may not be the best person to talk to if you are having problems.
- Never send your picture or personal information to someone you only know online, and never meet an online friend in person without a parent's/guardian's permission.
- Do not open messages or attachments from people you don't know.

If you are the target of online bullying or aggression…
- Don't respond to bullying or inappropriate messages, but save them as evidence.
- Discuss any online incidents that make you feel uncomfortable with a trusted adult, such as a family member, teacher or school counselor.
- Always report online bullying, hate incidents, inappropriate sexual activity and threats of harm to self or others to an adult family member (such as a parent), school authorities and the police.
- Block the e-mail addresses and cell phone numbers of people who are sending unwanted messages; if the messages continue, an adult family member can help you to change your phone numbers, e-mail addresses or screen names.
- File complaints with e-mail services, Internet Service Providers, Web sites, cell phone companies, etc. Service providers can find the offenders, cancel their service, and report them to the police if necessary.
- When in doubt about what to do, log off the computer and ask for help from a trusted adult.

Above activity is adapted from the Anti-Defamation League website
[http://www.adl.org/education/curriculum_connections/cyberbullying/cyberbullying_lesson_3.asp?cc_section=lesson_3]