

#REWRITEYOURSTORY



TOPIC - Cyberbullying



TARGET AGE GROUP - Lower and middle secondary



LESSON DURATION - 15 - 45 mins

LESSON OVERVIEW

These lessons explore the topic of cyberbullying, its impact, and avenues for seeking help. The focus of these activities is to explore the impact of cyberbullying on yourself, others, your family and the school community. The activities are based on the Rewrite Your Story (RYS) online resources. RYS is designed to empower young people to consider, converse and take action regarding cyberbullying and other negative online behaviour. Through a series of eight high quality short films, to be released from October 2016 through to May 2017, an interactive quiz and discussion starter school based activities, RYS explores real life experiences of serious cyberbullying to help other young people find a pathway to rewrite their stories too.

LESSON OUTCOMES

- Define serious cyberbullying.
- Understand the concept of social and ethical protocols in the context of technology use.
- Critically analyse the impact of your decisions and actions on yourself, others, your family and the school community when using technology.
- Become familiar with relevant resources on the Rewrite Your Story site, including how to report serious cyberbullying.

AUSTRALIAN CURRICULUM

This lesson plan supports a number of capabilities in the Australian Curriculum, including Information and communication technology, Ethical behaviour and Personal and social competence.

Rewrite your story - cyberbullying

ACTIVITY	PAGE	SUBJECT FOCUS	DURATION	RESOURCES REQUIRED
1. Am I ready? Find out if you've got all the info you need to report cyberbullying.	3	Cyberbullying: unpacks what young people are experiencing using a real life example, and shows what serious cyberbullying looks like as well as the avenues that can be taken to get help.	15-45 min	Internet access to view the CYBERBULLYING INTERACTIVE QUIZ Internet access to view the 'CONNOR' Rewrite Your Story video.
2. How can you rewrite your story? Class discussion and group work.	4-5	Cyberbullying: its impact on the victim, perpetrator and bystander.	10-45 min	Internet access to view the 'CONNOR' Rewrite Your Story video.

Please note: The length of your activity will be dependent on what aspects of cyberbullying are depicted in the videos, and the related questions you choose to use to conduct the group discussion.

BACKGROUND

Rewrite Your Story is a youth-focussed initiative which explores cyberbullying and other online issues young people face. The Office's latest research shows 19 per cent of teenagers (aged 13-17) experienced cyberbullying in the 12 months to June 2016. However, levels of reporting do not reflect this figure. This begs the question, why aren't young people exhibiting help seeking behaviour with adults in this space?

Rewrite Your Story features real-life cyberbullying stories, alongside advice and support about how to handle it from both a youth and professional focus. Important information for teachers is housed on the [REWRITE YOUR STORY](#) site that aims to assist in starting a conversation about online issues and working out strategies on how to resolve, recover and build resilience from risks such as cyberbullying.

The program also provides essential information about how and when to report serious cyberbullying to the Office. The Office's [CYBERBULLYING COMPLAINTS SCHEME](#) allows young people, parents and an authorised adult (such as a teacher) to report serious cyberbullying material and to get that material removed.

Rewrite Your Story is an educational program designed to empower young people to be courageous in the face of cyberbullying, guide them when they need, and help them to support their friends.

Activity 1

ACTIVITY	PAGE	SUBJECT FOCUS	DURATION	RESOURCES REQUIRED
1. Am I ready? Find out if you've got all the info you need to report cyberbullying.	3	Cyberbullying: unpacks what young people are experiencing using a real life example, and shows what serious cyberbullying looks like as well as the avenues that can be taken to get help.	15-45 min	Internet access to view the CYBERBULLYING INTERACTIVE QUIZ Internet access to view the 'CONNOR' Rewrite Your Story video.

INSTRUCTIONS

The focus of this activity is to assist in starting a conversation about online issues and working out strategies on how to resolve, recover and build resilience from risks such as cyberbullying.

1. Watch the Connor video

General questions you may like to consider:

- What do you think cyberbullying actually is? If someone does one hurtful thing, but then everyone else just keeps the hate going, are they really a cyberbully?
- What do you think is the difference between a joke, building resilience and just straight up cyberbullying?

2. Allocate Kyle and Connor's personal stories to students as case studies.

3. Get each student to log into the RYS site (www.esafety.gov.au/rys) and take the [ONLINE QUIZ](#). Click on It's a School Activity and answer according to which character they are 'walking in the shoes' of.

SUGGESTED QUESTIONS POST ACTIVITY

- What type of cyberbullying behaviour does the class think Kyle and Connor experienced?
- It's more than just 'what goes around comes around', don't you think? Connor knows what it's like to be made fun of online, but it's all just a joke...right?
- Why do you think Connor cyberbullied Kyle even though he'd been cyberbullied himself?
- What are the avenues of help that each of the characters could use?
- Discuss the impact of cyberbullying for each character and brainstorm how both Kyle and Connor can rewrite their story.

Post the class's answers on the questions raised on our Rewrite your Story social media feeds:

[REWRITE YOUR STORY FACEBOOK](#)

[REWRITE YOUR STORY INSTAGRAM](#)

Activity 2

ACTIVITY	PAGE	SUBJECT FOCUS	DURATION	RESOURCES REQUIRED
2. How can you rewrite your story? Class discussion and group work.	4-5	Cyberbullying: its impact on the victim, perpetrator and bystander.	Video: 1min 29sec. Class discussion: 10-45min	Internet access to view the 'CONNOR' Rewrite Your Story video.

INSTRUCTIONS

The focus of this activity is on the impact of cyberbullying on yourself, others, your family and the school community. The length of the activity is dependent on the number of questions asked to the group. You may also like to split the class into small groups with each group being given a different character perspective to explore.

1. Watch the Connor video

General questions you may like to consider:

- What do you think cyberbullying actually is? If someone does one hurtful thing, but then everyone else just keeps the hate going, are they really a cyberbully?
- What do you think is the difference between a joke, building resilience and just straight up cyberbullying?

2. Suggested character perspective questions and answers:

Kyle:

- How do you think Kyle feels about what's happened?
- How can Kyle's friends help him, without becoming the target of attacks themselves?

Talk through some of the strategies outlined on the RYS site

A FRIEND IN NEED IS A FRIEND INDEED

- The bullying has stopped and the content is down but Kyle is staring at his Instagram post, wondering if he dare click 'like'. What are some ideas on how Kyle can reboot and start to rewrite his story?

Talk through some strategies outlined on the RYS site

EMPOWERMENT AFTER CYBERBULLYING

Activity 2 - continued

Connor

- It's more than just 'what goes around comes around', don't you think? Connor knows what it's like to be made fun of online, but it's all just a joke...right?
- Discuss and explore how Connor's poor choice to post the pictures of Kyle might impact on:
 - ◆ himself;
 - ◆ others; and
 - ◆ family/school community
- What might other people think of Connor now that he posted that video?

Talk through some of the strategies outlined on the RYS site

PEER PRESSURE AND SOCIAL ISSUES.

- How can Connor rewrite his story?

Post the class's answers on the questions raised on our Rewrite your Story social media feeds:

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RESOURCE LINKS

Activity 1

Interactive quiz: **[ESAFETY.GOV.AU/TELLUSYOURSTORY](https://www.esafety.gov.au/tellusyourstory)**

Connor's video: **[ESAFETY.GOV.AU/RYS](https://www.esafety.gov.au/rys)**

Activity 2

IDWU empowerment after cyberbullying: **[ESAFETY.GOV.AU/RYS-STOP-THE-HATE](https://www.esafety.gov.au/rys-stop-the-hate)**

A friend in need: **[ESAFETY.GOV.AU/RYS-FRIEND-IN-NEED](https://www.esafety.gov.au/rys-friend-in-need)**

Peer pressure: **[ESAFETY.GOV.AU/RYS-PEER-PRESSURE](https://www.esafety.gov.au/rys-peer-pressure)**