

#REWRITEYOURSTORY



TOPIC - Cyberbullying



TARGET AGE GROUP - Lower and middle secondary



LESSON DURATION - 15 - 45 mins

LESSON OVERVIEW

These lesson plans explore the topic of cyberbullying, its impact and avenues for seeking help. The focus of the 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, discuss and take action about cyberbullying and other negative online behaviour.

Through a series of eight high-quality short films, an interactive quiz and discussion-starter in-school activities, RYS explores real life cyberbullying experiences to help other young people find a pathway to rewrite their stories too.

This lesson plan explores Jarrod's Story.

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 'JARROD' Rewrite Your Story video.
2. How can you rewrite your story? Class discussion and group work.	4-6	Cyberbullying: its impact on the victim, perpetrator and bystander.	10-45 min	Internet access to view the 'JARROD' 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	Young people's experience of serious cyberbullying using a real life example, and the avenues to get help.	20-45 min	Internet access to view the CYBERBULLYING INTERACTIVE QUIZ Internet access to view the 'JARROD' 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 Jarrod video

General question you may like to consider to get your class thinking about the issues:

- What do you think cyberbullying actually is? If someone does one hurtful thing, but then everyone else just keeps the hate going by standing by and saying nothing, are they really a cyberbully?

2. Allocate Jarrod and Mia'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 their chosen character.

SUGGESTED QUESTIONS POST ACTIVITY

- What type of cyberbullying behaviour do you think Mia has experienced?
- Do you think it's a 'normal' part of a relationship for a boy to ask for nudes from their girlfriend or alternatively for a girlfriend to offer them? Alternatively, what if a girl asks for nudes from her boyfriend or a guy offers them?
- How much is nude sharing going on without anyone asking?
- Do you think Jarrod should speak up about his friend Caleb doing the cyberbullying? How should he do this?
- Mia's friends were really worried about her hurting herself. How do you think they could help her?
- 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 Mia and Jarrod can rewrite their story.

Answers to the suggested questions are below. Check out the RYS website for lots of useful tips and advice.

Suggested additional activity:

Visit Support on the RYS website.

In the video it showed that Mia has a supportive group of friends around her. There's a lot you can do for a friend in this situation as it always helps to speak up about cyber-bullying. Friends look out for each other. It's important to let a friend know that they are not alone and sometimes friends need to speak up when something isn't right. You can help your friend speak to someone they trust like a teacher or parent/guardian.

Post the class's answers on the questions raised on our RYS social media feeds:

[**REWRITE YOUR STORY ON FACEBOOK**](#)

[**REWRITE YOU STORY ON INSTAGRAM**](#)

Activity 2

ACTIVITY	PAGE	SUBJECT FOCUS	DURATION	RESOURCES REQUIRED
2. How can you rewrite your story? Class discussion and group work.	4-6	Identify negative online behaviour and decide on acceptable behaviour.	Video: 1min 41sec. Class discussion: 10-45min	Internet access to view the ‘JARROD’ 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 Jarrod 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?

2. Suggested character perspective questions and answers:

Jarrod

Q: Do you think Jarrod should speak up about his friend Caleb doing the cyberbullying?

A: Read Rosie writes...Stand up. This is an advice piece from our resident youth writer about how to be courageous to speak up about something that isn't so great!

Write the following sentences on the board:

A single action can cause the biggest change. You can make that action, be that change.

Discuss.

Mia:

Q: In the story Mia is understandably upset about what has happened to her. How do you think people around her could help?

A: Talk through some of the strategies outlined on the [A FRIEND IN NEED IS A FRIEND INDEED](#)

Activity 2 - continued

Q: What do you say to someone who is really upset? What if you don't know them really well but feel like you should help?

A: Talk through some of the strategies outlined in [COURAGE](#).

[SMALL ACTS = BIG IMPACT](#) examines how it's sometimes the little things that can make the difference to someone who is really feeling down.

Q: The bullying has stopped and the content is down but Mia is staring at her Instagram post, wondering if she dare click 'like'. What are some ideas on how Mia can reboot and start to rewrite her story?

A: Talk through some strategies outlined on the RYS [EMPOWERMENT](#) after cyberbullying.

Q: How can Jarrod help Mia rewrite her story?

A: Mia has experienced cyberbullying, which, under legislation, constitutes serious cyberbullying. Talk through some of the strategies outlined in [GET HELP](#) about how Jarrod could support and help Mia [MAKE A COMPLAINT](#) about the cyberbullying. This is a great opportunity to raise awareness for the class about the cyberbullying complaints scheme and how we can help to have serious cyberbullying content taken down from social media sites.

Visit [HOW CAN WE HELP?](#) for lots of useful tips as well as an outline of the cyberbullying complaints process investigators use.

Post the group's answers to the questions raised on our RYS social media feeds:

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