

#REWRITEYOURSTORY

Kara lesson plan



Topics: Cyberbullying, online drama, fake profiles, digital reputation, digital footprint, respectful online relationships



Target age group: Lower and middle secondary



Lesson duration: 15 - 45 minutes



Story synopsis: Kara is new but it does not take long to work out which kids rule the school. She's excluded online and cruel memes are shared about her. Kara's new friend Joel stands up for her, but the cyberbullying posts and comments are still online ...



Discussions may lead to students disclosing personal welfare issues. Teachers should consider if appropriate professional support is required.



Recommended teaching approach

1. Instruct students to watch the video.
2. Use the attached **Activity instructions** to generate discussion about online safety. You may like to print the instructions for students.
3. **OPTIONAL:** Invite students to complete the personal reflection activity in class or at home. You could suggest a standard written response or the use of creative forms such as art, poetry, a screenplay or music.



Lesson purpose

By the end of the learning, students will:

- be able to define cyberbullying and image-based abuse
- understand the concept of ethical online behaviour
- critically analyse the impact their decisions and actions can have on themselves, their family members, the school community and others
- be familiar with relevant eSafety resources and services
- know how to report cyberbullying and image-based abuse.



Australian Curriculum links

This activity addresses Australian Curriculum Health and Physical Education and Digital Technologies outcomes including:

- Evaluate factors that shape identities and critically analyse how individuals impact the identities of others (ACPPS089)
- Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing (ACPPS074).

It addresses elements of:

- Personal and Social General Capabilities including self-awareness and self-management
 - Ethical Understanding General Capabilities including exploring values, rights and responsibilities.
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Activity instructions – Kara's story

1. Watch the video – [Kara's story](#)

2. Main discussion question

Describe three [cyberbullying](#) or image-based abuse behaviours in the video.

3. Answer the following questions

- What type of cyberbullying behaviour does Kara experience and how does it affect her?
- Do you think Kara does the right thing by confronting Selena and her friends? Why or why not?
- What else could Kara do about the cyberbullying?
- List the steps Kara could take to have the cyberbullying posts and comments removed.
- Discuss the impact the situation has on Joel.
- What could Kara have done differently to 'rewrite' her story?

4. Explore other eSafety resources

Choose one or more, depending on the time available:

- Check the information on the page [FAQ about making a cyberbullying complaint](#) and list what eSafety could do to help Kara.
- Read [Be an upstander — not a bystander](#) and describe what you would do if you were in a similar situation to Joel.
- Discuss the strategies for dealing with cyberbullying suggested in [Someone is creating drama online](#).
- Use the information on the [Collect evidence of cyberbullying](#) page to create a poster, app or advertisement aimed at a specific audience (such as people your age, or parents and carers, or grandparents).

OPTIONAL Personal reflection follow-up activity

Respond to the following:

- The benefits of being online are ...
- If someone was harassing or intimidating my friend online, I would ...
- The hardest thing about standing up to people is ...

You can't undo the past, and you can't change the actions or words of other people, but you **can** Rewrite Your Story.

How to get help

eSafety Commissioner

eSafety can help you deal with various types of online abuse including serious cyberbullying, image-based abuse (sharing or threatening to share an intimate image or video of someone without their consent) and the posting of illegal online content (showing sexual abuse or other extreme violence).

esafety.gov.au

Kids Helpline 1800 55 1800

Kids Helpline is a free, private and confidential phone and online counselling service for young people aged 5 – 25 in Australia. It's available 24/7, so you can contact Kids Helpline at any time on any day.

kidshelpline.com.au

Lifeline 13 11 14

Lifeline provides free, confidential crisis support and suicide prevention services. It's available 24/7, so you can contact Lifeline at any time on any day.

lifeline.org.au

Beyond Blue 1300 22 4636

Beyond Blue provides information and support to help everyone in Australia achieve the best possible mental health, whatever their age and wherever they live.

beyondblue.org.au

eheadspace 1800 650 890

eheadspace is a confidential, free, secure space where young people 12-25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

headspace.org.au/eheadspace

Bullying. No Way!

Bullying. No Way! Provides information on ways individuals, schools and communities can work together to help schools create learning environments where every student and school community member is safe, supported, respected and valued.

bullyingnoway.gov.au

Youth Law Australia

Youth Law Australia provides free, confidential legal information and help for young people under 25.

yla.org.au

Australian Human Rights Commission Human Rights

The Australian Human Rights Commission is an independent third party which investigates complaints about discrimination and human rights breaches.

humanrights.gov.au