



Educator Guide: CyberClimb Game

Recommended for Grades:

9th - 12th grades

Time:

10 minutes

Prerequisites:

For students to be successful in the game, they would benefit from participating in the following lessons and activities:

- What Is Cyberbullying? Lesson (9th - 12th grade)
- Teen Talk: Effects of Cyberbullying Video Lesson (9th - 12th grade)
- Steps to Take When Cyberbullying Occurs Video Lesson (9th - 12th grade)
- Truth or Myth Activity (9th - 12th grade)

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this activity students will be able to:

1. Define cyberbullying.
2. Identify the effects of cyberbullying on the one being bullied, the bystanders and the one who is bullying.
3. Explain the four steps to take if they are being cyberbullied or know someone who is being cyberbullied.
4. Explain what social media sites do to prevent and/or stop cyberbullying.
5. Identify two positive ways to use social media.



Activity Description:

In this game, students will attempt to scale platforms while dodging negativity, with the ultimate goal to recapture positivity. Multiple choice questions about cyberbullying will appear along the way. If students answer a question incorrectly, they will be knocked down a platform. Correct answers allow the player to proceed.

Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the CyberClimb Game. You may choose to use this list in any way that fits your needs.

- Anxiety – a mental health condition when a person worries even though there is nothing to worry about, or worries all the time and it affects their daily life
- Cyberbullying – bullying that takes place over digital devices like cell phones, computers and tablets; using technology to repeatedly harass, threaten or embarrass someone, where the bully has real or perceived power over the victim
- Depression – a mental health condition that negatively affects how you feel, think and act, causing feelings of sadness and a loss of interest in things you once enjoyed
- Social media – forms of electronic communication through which users create online communities to share information, ideas, personal messages, videos, etc.

Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



Cyberbullying

What Is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers and tablets. It includes:

- Posting mean, hurtful or embarrassing comments or rumors about someone online
- Threatening to hurt someone or telling them to kill themselves
- Posting a mean or hurtful picture or video
- Pretending to be someone else online in order to get or post personal or false information about someone else
- Posting mean or hateful things online about any race, religion or ethnicity
- Creating a mean or hurtful webpage about someone

How Can I Stop Cyberbullying?

Some teens have learned to stop cyberbullying and keep it from happening. Here's what you can do:

- Do not re-send cyberbullying messages.
- Block contact with cyberbullies.
- Tell your friends to stop cyberbullying.
- Report cyberbullying to a trusted adult.
- Work with other students, teachers and school leaders to create rules against cyberbullying.
- Help your community learn more by holding an assembly or other event.
- Make a contract to be safe online with your parents or caregivers. Come up with the rules together.

Cyberbullying Resources

- Children's Wisconsin, [ParentsActNow.com](https://www.ParentsActNow.com)
- Cyberbullying Research Center, [cyberbullying.org](https://www.cyberbullying.org)
- KidsHealth, kidshealth.org
- National Crime Prevention Council, [ncpc.org](https://www.ncpc.org)
- Pew Research Center, [pewresearch.org/topics/teens-and-technology/](https://www.pewresearch.org/topics/teens-and-technology/)
- U.S. Department of Health & Human Services, [stopbullying.gov](https://www.stopbullying.gov)



Transcript

Welcome

Welcome to CyberClimb. Click 'instructions' for how to play the game or click 'play' to get started.

Instructions

Use the navigation arrows to control your character as you ascend the platforms to save the happy emoji. Collect the digital tokens to gain extra points. There will be Q icons along the way, and if you answer the cyberbullying question correctly you will be allowed to continue your climb. However, watch out for the angry, sad and unhappy emojis, as hitting them will force you to restart the level. You have five tries to beat all three levels. Good luck!

Game Questions

Questions will appear in random order throughout the game.

What is cyberbullying?

- a. Stealing someone's cell phone (Nope. Cyberbullying is using technology to repeatedly harass, threaten, or embarrass someone.)
- b. Using technology to repeatedly harass, threaten or embarrass someone (You got it!!)**
- c. Getting into a disagreement with a friend on social media (Nope. Cyberbullying is using technology to repeatedly harass, threaten or embarrass someone.)

Repeatedly sharing embarrassing photos of someone on social media is an example of cyberbullying.

- a. True (Correct!)**
- b. False (Sorry, but that's actually true.)

Is creating a fake social media account to hurt, shame or embarrass someone an example of cyberbullying?

- a. Yes (That's right!)**
- b. No (Sorry, but that is considered cyberbullying.)

Is having an argument with a friend on social media considered cyberbullying?

- a. Yes (That's incorrect. Having a disagreement with someone on social media is different than cyberbullying.)
- b. No (Correct! Having a disagreement with someone on social media is different than cyberbullying.)**



Posting hurtful messages about another player in an online game is an example of cyberbullying.

- a. True (You're right!)
- b. False (Actually, that's true.)**

Which of the following is an example of cyberbullying?

- a. Having a disagreement with a friend on social media (Nope. Having a disagreement with a friend on social media is not considered cyberbullying.)
- b. Posting hurtful videos of a friend on social media (That's right! Posting videos of someone on social media with the intent to hurt them is considered cyberbullying.)**
- c. Making fun of someone's outdated phone (Nope. Making fun of someone's phone is not considered cyberbullying.)

After you break up, you post nude pictures of your ex online. Is that considered cyberbullying?

- a. Yes (You're right. This would definitely be considered cyberbullying. And remember, even having nude pictures of someone who is under the age of 18 is illegal, whether you post them or not.)**
- b. No (That's incorrect. This would definitely be considered cyberbullying. And remember, even having nude pictures of someone who is under the age of 18 is illegal, whether you post them or not.)

What are the four steps to take if you are being cyberbullied?

- a. Respond immediately, discard all evidence, block the person bullying you, and report the cyberbullying. (Not quite. You should not respond, but you should keep all evidence, block the person bullying you, and report the cyberbullying.)
- b. Respond immediately, keep all evidence, block the person bullying you and report the cyberbullying. (Not quite. You should not respond, but you should keep all evidence, block the person bullying you, and report the cyberbullying.)
- c. Don't respond, keep all evidence, block the person bullying you and report the cyberbullying. (Nice job!)**

If you feel that your safety is in danger as a result of cyberbullying, what should you do?

- a. Call your best friend right away. (Nope. You need more help than your best friend can give you right now.)
- b. Call your local police immediately. (That's right! You should call your local police immediately.)**
- c. Wait and see what happens. (That's definitely not a good idea. You should call your local police immediately.)



What can a bystander do to stop cyberbullying?

- a. Forward messages or texts to friends. (Sorry, but that's just going to make it worse. You need to tell an adult.)
- b. Tell an adult. (That's right!)**
- c. Reply to the cyberbullying messages or pictures. (Sorry, but that's just going to make it worse. You need to tell an adult.)

Victims of cyberbullying are more likely to suffer from depression, anxiety, low self-esteem and loneliness.

- a. True (You're right.)**
- b. False (Unfortunately that's true.)

Some types of cyberbullying can have legal consequences.

- a. True (Correct!)**
- b. False (Sorry, but that's true.)

Most social media sites and gaming platforms can block a user from using their site if that user is cyberbullying others.

- a. True (That's right!)**
- b. False (That's actually true.)

Somebody has been sending you threatening texts all day from a number you don't recognize. You tell your mom that night. What should you do next?

- a. Reply back and ask who they are. (That's incorrect. You should never respond to cyberbullying.)
- b. Ask your friends if they've been getting any weird messages. (Not quite. That's not going to stop the cyberbullying. Be sure to block the number on your phone.)
- c. Block the number on your phone. (You got it!)**

A classmate has been spreading rumors about you on social media, but she usually deletes it shortly after posting it. What should you do?

- a. Start spreading rumors about her. (No way! That's not the answer.)
- b. Take screenshots of the posts when you see them and report it. (Correct!)**
- c. Have your friends threaten her if she doesn't stop. (No way! That's not the answer.)



When is the best time to respond to a cyberbullying message?

- a. As soon as you see the message (Actually, you should never respond to cyberbullying messages.)
- b. After you have talked to a friend (Actually, you should never respond to cyberbullying messages.)
- c. Never respond to cyberbullying messages. (You got it!)**

Students posted hurtful comments about your classmate on a social media site. What action should you take?

- a. Resist forwarding or replying to the messages and tell an adult. (Great job!)**
- b. Confront the students at school defending your classmate. (No way! You should tell an adult.)
- c. Send the comments to your friends. (No way! You should tell an adult.)

Most social media sites and gaming platforms do not take cyberbullying seriously.

- a. True (Nope. Most social media sites and gaming platforms do take cyberbullying seriously.)
- b. False (Correct!)**

What should you do if you feel your safety is in danger as a result of cyberbullying?

- a. Isolate yourself. (That's incorrect. You should call your local police immediately.)
- b. Call your local police immediately. (That's right.)**
- c. Talk to a friend right away. (That's incorrect. You should call your local police immediately.)

Avoiding social media will stop cyberbullying.

- a. True (Nope. Cyberbullying can take place through texts, gaming platforms, emails, etc.)
- b. False (That's right. Cyberbullying can take place through texts, gaming platforms, emails, etc. so avoiding social media won't stop cyberbullying.)**

Which of the following is an example of cyberbullying?

- a. Sending a classmate threatening texts (Not quite. These are all examples of cyberbullying.)
- b. Encouraging someone on social media to commit suicide (Not quite. These are all examples of cyberbullying.)
- c. Pretending to be someone else online in order to post hurtful information about another person (Not quite. These are all examples of cyberbullying.)
- d. All of the above (Correct!)**



What is bullying that takes place over digital devices like cell phones, computers and tablets called?

- a. Digital bullying (Not quite. It's called cyberbullying.)
- b. Cyberbullying (That's right!)**
- c. Contextual bullying (Not quite. It's called cyberbullying.)

Most social media sites and gaming platforms offer users a way to report cyberbullying.

- a. True (That's right!)**
- b. False (That's incorrect. Most do offer a way to report cyberbullying.)

Social media can be used for good.

- a. True (That's correct. Social media has the potential to be a force for good by connecting others meaningfully, spreading awareness on important issues, and introducing new people and ideas into your life.)**
- b. False (Not quite. That's actually true. Social media has the potential to be a force for good by connecting others meaningfully, spreading awareness on important issues, and introducing new people and ideas into your life.)

Cyberbullying can have serious consequences that carry into adulthood.

- a. True (That's correct. Research shows that the effects of cyberbullying are still detected in adults.)**
- b. False (Nope. That's actually true. Research shows that the effects of cyberbullying are still detected in adults.)

There is really nothing you can do to help if you witness cyberbullying.

- a. True (No way! You can report it to an adult, and you can make sure you don't pass the cyberbullying messages along to anyone else.)
- b. False (That's right! You can report it to an adult, and you can make sure you don't pass the cyberbullying messages along to anyone else.)**

Cyberbullying is a normal rite of passage that all teens experience these days.

- a. True (No way! Cyberbullying shouldn't be considered normal, and it is never acceptable.)
- b. False (That's right! Cyberbullying shouldn't be considered normal, and it is never acceptable.)**



If your friend is being cyberbullied the best thing you can do is:

- a. Delete the evidence. (Sorry, but that's not going to help your friend. You should save all evidence of bullying and give it to an adult.)
- b. Save the evidence. (That's correct. Make sure to share the evidence with a trusted adult.)**
- c. Forward the evidence to another friend. (Sorry, but that's not going to help your friend. You should save all evidence of bullying and give it to an adult.)

Win level 1

Good job! You've reached the top of level 1. You ready to climb some more?

Continue

Click next to continue the climb.

Win level 2

Nice job! You made it to the top of level 2. One more level to climb!

Win level 3

Great job! You've reached the summit and saved the happy emoji!

Lose

Oh no! Don't worry, you'll get it next time! Click the menu button to try again.



Acknowledgements

Children's Wisconsin would like to acknowledge the following individuals for serving as subject matter experts during the development of our 9th - 12th grade cyberbullying content:

Stephanie Hamann, MA, LPC, Children's Wisconsin

Beth Herman, MSE, Wisconsin Department of Public Instruction

Nicole Hosni, School District of Waukesha

Jon Jagermann, Milwaukee Public Schools

Ashley Jors, Germantown School District

Tim Riffel, MS, LPC, Children's Wisconsin





Contact us:

**Children's Wisconsin
E-Learning Center**

(866) 228-5670

healthykids@childrenswi.org

