



Educator Guide: What Is Cyberbullying? Lesson

Recommended for Grades:

9th – 12th grades

Time:

2 minutes

National Health Education Standards:

This lesson 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 lesson students will be able to:

1. Define cyberbullying.
2. Describe at least three examples of cyberbullying.

Lesson Description:

In this short lesson students will learn the definition of cyberbullying and some different examples of what is considered cyberbullying.

Pre and Post-test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. What is cyberbullying?
 - a. Texting someone during class to get them in trouble
 - b. Using technology to repeatedly harass, threaten or embarrass someone**
 - c. Getting into a disagreement with a classmate on social media



Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the What Is Cyberbullying? Lesson. You may choose to use this list in any way that fits your needs.

- 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
- Social media – forms of electronic communication through which users create online communities to share information, ideas, personal messages, videos, etc.

Supplemental Activity: In the News Activity

Objectives:

After completing this activity students will be able to:

- Discuss news articles about cyberbullying.

Materials Needed:

- 5-10 news articles that include instances of cyberbullying

Time Required:

45 minutes

Instructions:

You may choose to have students find news articles on their own or you may find articles yourself prior to class. Possible topics could include but are not limited to: the impact of cyberbullying, policies and laws related to cyberbullying, efforts to prevent cyberbullying, cyberbullying and mental health.

Divide the class into small groups, based on the number of news articles that you have to work with. Give each group an article to discuss and have them prepare to share the highlights of their article with the class. Students should be ready to share the following, as appropriate:

- Brief overview of the news article
- Who wrote and published the article?
- Why was the article written?
- How recent is the article? If it's older, is it still relevant today?
- What did your group learn from the article?

Discuss with students that unfortunately, cyberbullying happens often and everywhere. But there are some things they can do about it. Refer to the Cyberbullying Handout on the following pages for ways to stop cyberbullying.

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

What Is Cyberbullying?

- Bullying that takes place over digital devices, such as 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

Examples include:

- Creating fake social media accounts to hurt, shame or harass others
- Pretending to be someone else online in order to post personal or false information about another person
- Sending threats to someone through email, instant messaging or gaming platforms
- Spreading rumors about someone online or through text messages
- Sharing nude photos of someone (it's illegal to even have nude photos of someone who is under the age of 18 in your possession)
- Encouraging someone to self-harm or commit suicide on social media
- Posting mean or hurtful pictures or videos
- Threatening someone through text messages and/or social media because of their sexual orientation, gender identity, or gender expression
- Posting mean or hateful names or comments about a person's race, religion, ethnicity or any other personal characteristics online
- Creating a mean or hurtful website about someone
- Posting hurtful messages about another player in an online game

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