

TEACHER PACK:

EXTRA RESOURCES TO USE

WHAT'S INCLUDED IN THIS MODULE?

- **Lesson Plan & Discussion topics**
 - Ways to explore and reflect on the content and concepts of the module.
 - Ways to engage with them about their personal experiences and opinions around the topic.
- **Extra Resources For Teacher**
 - Additional images, videos and articles to illustrate the concepts covered in this module.
- **Quiz for learners**
 - Assessing if they understood the content and concepts of the module. This can be found after all the videos have been watched in the lesson.

USEFUL LINKS

- Empathy, told by teens: cyberbullying:
<https://www.youtube.com/watch?v=aU3QfyqvHk8>

Helpful BASICS / resources for information and tips to deal with cyberbullying:

- <https://www.stopbullying.gov/>
- <https://www.verywellfamily.com/what-are-the-effects-of-cyberbullying-460558>
- https://www.internetmatters.org/wp-content/uploads/2019/11/Internet-Matters-Guide-CyberBullyingConversationStarters-14plus_v3.pdf
- Article listing celebrities who have been cyberbullied
<https://celebritytoob.com/20-celebrities-cyber-bullied-social-media/>
- Incredibly powerful video displaying how unacceptable cyberbullying behaviour is in real life:
https://www.youtube.com/watch?v=URvC6T_xhE0&feature=youtu.be



**CYBERBULLYING IS ABOUT LANDING A MESSAGE
IT NEEDS TO BE DISCUSSED AS A GROUP >>**

EXERCISES AND HELPFUL LINKS!

DISCUSSION TOPICS:

Teachers are well aware that it's useful (and rewarding) for kids to work it out themselves. But they need **practice**. Use these questions as revision questions for discussion:

1. What are some of the differences between bullying and cyberbullying?
 - a. How do these differences affect you?
2. What does it mean to passively bully someone?
3. Why can words be just as harmful, if not more harmful, than physical harm?
 - a. Does the harm, caused by words, last as long as the physical harm?
4. "But I was just joking! It's not my fault they can't take a joke." If your intention was not to hurt someone, but they got hurt nonetheless, do you still take responsibility for hurting them?
5. What is your level of responsibility for what you put out into the online world?
6. How does cyberbullying affect people in the long term?
 - a. What kinds of mental health issues can people experience as a result of being cyberbullied?
7. What do we mean by the cycle of bullying?
 - a. What can you do to break the bullying cycle?
8. What causes someone to bully someone else?
 - a. Does bullying someone else help?
9. What are some ways to protect yourself against cyberbullying?
10. Why is the role of bystanders so important?
 - a. If a bystander doesn't do anything, are they part of the problem?
 - b. What are some ways you can be an Upstander instead of a bystander?
11. What are some ways to deal with cyberbullying?

CONTACT US
FOR QUERIES

ENJOY!

Phone : +27 83 455 4808
Email : info@mysociallife.com
www.mysociallife.com