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| **Objective:**  To know what we can do if cyberbullying happens.  (See also Respect section on being careful not to cyberbully by respecting others online) |
| **Activity:**  This activity can be used to explore with pupils the ways in which cyberbullying can occur and what actions can be taken if they are worried about it.  **What is cyberbullying?**  Cyberbullying is using technology to bully someone. This can be done through instant messages, social networking sites, on games platforms, emails etc. If your pupils are struggling to understand what cyberbullying is, then start by explaining what bullying is.  There is some really great advice about how to start those conversations with your pupils on the [National Autistic Society](http://www.autism.org.uk/living-with-autism/education-and-transition/bullying-guide-for-young-people.aspx)’s website. They use simple language about how to explain bullying and there’s a useful section about how being bullied might make you feel.  Depending on the ability of your learners, you could talk about the differences between regular bullying (offline) and cyberbullying. The following could come up:   * Cyberbullying can be more hurtful because some of the time we don’t know who the bully is. * Sometimes cyberbullying can seem never ending, this is because you could be bullied through all your devices (laptops, tablets, mobile phones etc.) at any time * You can feel more alone if you’re being cyberbullied, there may be no witnesses to see the bullying happening. * Sometimes it’s easier to say things online rather than face to face,   **Role Play**  The following can either be made into a social story or you could role play the scenario below. Role play is a really effective tool to allow young people to feel what others may be experiencing.  John loves to play on his Xbox/go on Facebook. Most of the time he is happy playing on his Xbox/going on Facebook. Sometimes he talks to his friends on the Xbox/Facebook. Most of the time he is happy talking to this friends on the Xbox/on Facebook. Sometimes his friends say unkind things to him on the Xbox/on Facebook. When his friends say unkind things to him on the Xbox/Facebook, it makes him feel sad. When he comes into school, he doesn’t know what to do.  What should John do?  John should always tell someone if anything on the internet worries or upsets him.  John should always report anything on the internet that worries or upsets him.  John should always block someone on the internet if they worry or upset him.  John should always save the evidence if he receives any messages that worry or upset him. |
| **Key Vocabulary:** |