



STAMP OUT CYBERBULLYING & KEEP SAFE!

INTRODUCTION (5mins)

- Children to introduce themselves with names and ages in turn.
- Teacher to then introduce him/herself as an 11 year-old boy/girl (i.e. William/ Daisy – opposite to own gender).
- Encourage children to think about whether this sounds likely or not.
- If children feel this doesn't sound right, ask why? How can they tell you are not the person described above. Is it because they can see you? What if they could not see you, but could see a few pictures of an 11 year old boy/girl ... Then how could they tell?
- Talk about being careful about talking to/sharing anything with people they have only met online.

Teaching programme for primary school children



Healthy Schools
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CEOP JIGSAW VIDEO (9MINS)

- Show CEOP Jigsaw video (aimed at 8-10 year olds) – (9 minutes):
www.teachertube.com/video/jigsaw-8-10s-147297

CEOP WEBSITE DISCUSSION (3MINS)

- Talk about CEOP website
- www.thinkuknow.co.uk with option to report abuse online. Talk about calling the **NSPCC** or **Childline** for free in confidence – “Childline is a site where you can have a private 1-2-1 chat with a counsellor who will listen to you and not judge you. You can also call them for free on **0800 1111** and it won't show up on your phone bill.”

CEOP WEBSITE GROUP DISCUSSION (15MINS)

Divide the class into three groups (around 10 pupils per group) with an A3 sheet of paper for each group. Ask the children to divide the paper into two columns (Feel/Do):

How would you feel and what would you do in the following situation?

GROUP 1

You make a new friend online, who you don't know in real life. You trust them and think you know them. You share something personal. They threaten to tell everyone that secret, including your parents. They tell you that they will go away and leave you alone if you send them a picture of yourself.

GROUP 2

You see an embarrassing video online of someone you know from school (who isn't a good friend) – they are singing karaoke pretty badly. There's a space where you can put some anonymous comments below the video. You can see some of the comments. They are quite upsetting and say things that you think will really hurt the person who made the video.

GROUP 3

You are playing around with some friends. Someone thinks it will be really funny to take a photo of your private parts to send to your friend on Snapchat as a joke.

DISCUSSION WITH ALL CHILDREN (15MINS)

Discussion with all children around the above 3 scenarios with each group leading the discussion for their own scenario (15 minutes):

GROUP 1

Teacher to initiate discussion about escalation of blackmail and have awareness of the techniques used.

GROUP 2

Teacher to prompt talk about cyberbullying. Would you say something upsetting face to face? If not, would you type it anonymously? Would you talk to a teacher in this case? How could you support the person who made the video?

GROUP 3

Teacher to play NSPCC 'I saw your willy' video
www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware



FINAL DISCUSSION (5-10mins)

Identify key learning points and reinforce key messages. Any questions?

Key messages:

- There is no shame/blame/ guilt on the young person who is a victim of abuse online.
- People who deliberately target children will often make the child feel that they have brought this upon themselves but this is not the case.
- The online world can feel hard to get away from but that the children will be strongly praised if they come forwards and talk to teachers or their parents.
- Reassure that while children often worry that their parents will be cross with them for creating online friendships that end in abuse, this is rarely the case.

 <p>Talk about it Find the right time to approach your child if you think they are being bullied</p>	 <p>Don't stop them going online Taking away their device or restricting usage might make things worse and make your child feel more isolated</p>	 <p>Don't retaliate Advise your child not to respond to abusive messages and leave conversations if they feel uncomfortable</p>	 <p>Keep the evidence Take screenshots in case you need them as proof of what happened</p>	 <p>Know when to take it further In extreme cases and if you feel your child is in danger then consider informing the police</p>
 <p>Show Your Support Be calm and considered and tell them how you'll help them get through it.</p>	 <p>Help them to deal with it If it's among school friends, advise them to tell the person how it made them feel and ask to take any comments or pictures down</p>	 <p>Block the bullies If the messages are repeated block and report the sender to the social network or gaming platform</p>	 <p>Don't deal with it alone Talk to friends for support and if necessary your child's school who will have an anti-bullying policy</p>	 <p>Don't stop when the bullying stops Keep talking to your child and consider whether counselling could help them deal with the consequences</p>