

Effects of cyberbullying

Ages 16+



THE CYBERSMILE FOUNDATION

Effects of cyberbullying

OBJECTIVE

To learn about some of the effects of cyberbullying.

OUTCOME

To realize that cyberbullying can affect many areas of a person's life.

1

SCHOOL

HOME

SOCIAL LIFE

MENTAL HEALTH

PHYSICAL HEALTH

15-20 MINS

16+ YRS

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MATERIALS

Paper and pens.

INSTRUCTIONS

1. Introduce the exercise to everyone, and present the objective and outcome.
2. Organize everyone into groups of 3 and assign each group with one of the five topics below:
 - School
 - Home
 - Social life
 - Mental health
 - Physical health (use pictures as prompts.)
3. Ask each group to produce a mind-map of how their assigned area can be affected by cyberbullying. Here is an example below:

School - Bad grades, poor attendance, does not do homework, cannot concentrate in class, alone during break and lunch times, does not eat lunch.
4. Discuss as a group and also talk about other effects that may have not been considered. For example; crying, depression, eating disorder, suicide, isolation, or the cyber victim could turn into a cyberbully.
5. End the exercise by explaining to everyone that cyberbullying can affect many areas of a person's life such as their school life, home life and friendships.

EVALUATION

- As a whole group, ask everyone to rank the effects in each area from the most to least negative. Help everyone to realize that although there may be some effects that are more negative than others, any effect of cyberbullying should be treated as quickly as possible.

NOTES

- If there is only one person, work together in completing each area in turn. If there are only a few people, assign them each a topic and ask them to swap their mind-maps around clockwise for the next person to add their own suggestions.
- Make sure that everyone is told to be careful about using cyberbullying as an excuse to explain bad results on tests. If it turns out they are not being cyberbullied, then they can get into trouble.