

Ways of getting help

Ages 16+



THE CYBERSMILE FOUNDATION

Ways of getting help



OBJECTIVE

To learn about the different ways to get help.

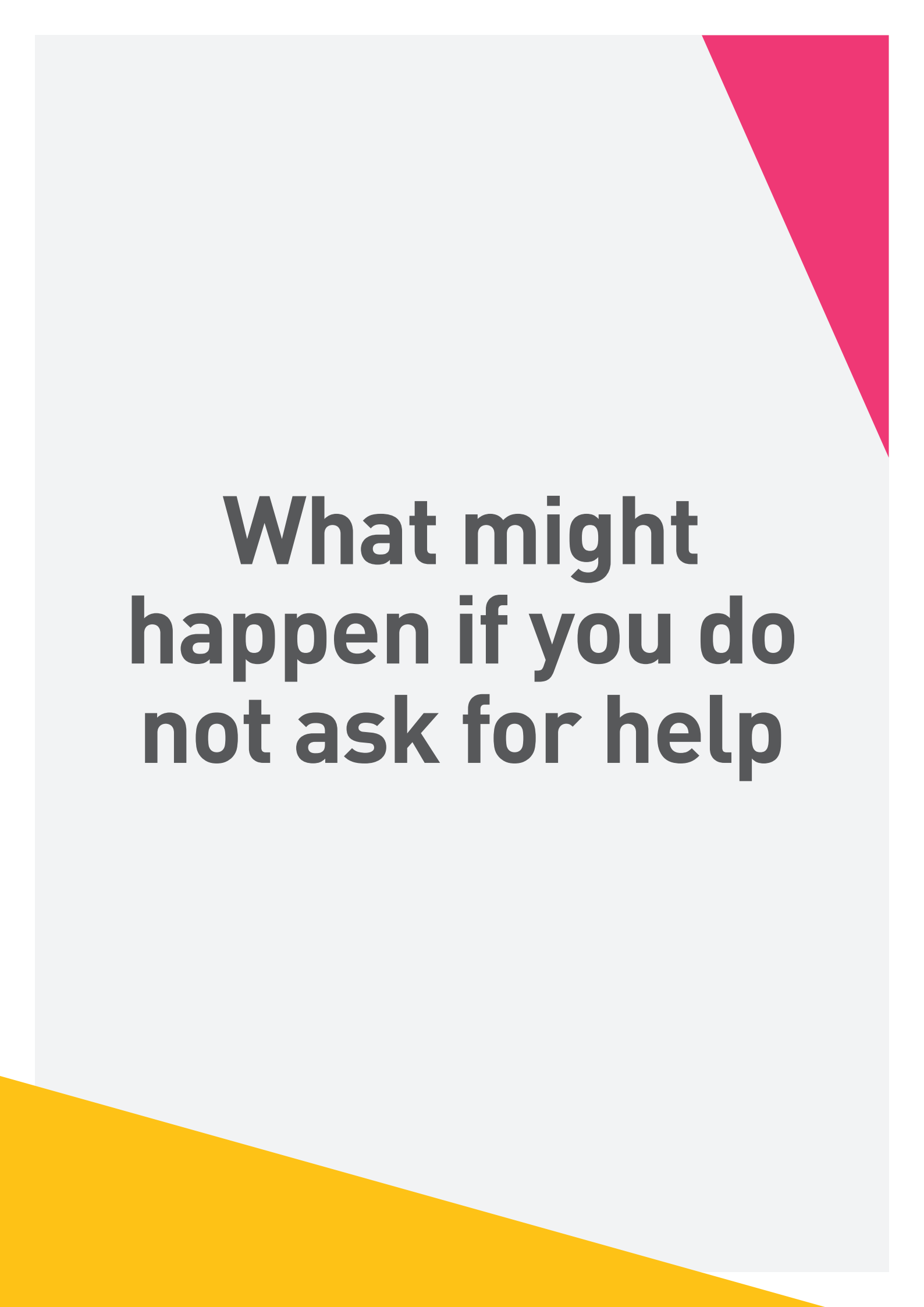
OUTCOME

To know why cyberbullying needs to be reported.

To understand the importance of not giving up until the cyberbullying stops.



What can you do to get help for cyberbullying



**What might
happen if you do
not ask for help**



ONE

What would you do if your brother or
sister was being cyberbullied?

TWO

What would you do if your friend was
being cyberbullied?



THREE

What would you do if you received a bad comment from a stranger?

20 MINS

16+ YRS

Ways of getting help

OBJECTIVE

To learn about the different ways to get help for cyberbullying.

OUTCOME

To know why cyberbullying needs to be reported.

To understand the importance of not giving up until the cyberbullying stops.

MATERIALS

Paper, coloring materials, pencils, erasers, pens, a copy of the scenarios below (you can use the accompanying slides).

INSTRUCTIONS

1. Introduce the exercise to the class, and present the objective and outcomes.
2. Ask the class to create posters which help others learn about how they can get help for cyberbullying. Give them some ideas if they appear to be struggling such as; speak to a parent, teacher or principal, or report the cyberbully online.
3. Ask the class what the consequences are of not asking for help. Here are some examples:
 - Cyberbullying can get worse, it can make the cyber victim feel more sad, more people may join in cyberbullying the cyber victim, and the cyber victim may feel very alone.
 - It can affect the cyber victim's school work, the cyberbully can bully other people if they are not stopped.
4. Ask the students what they could do if telling one person did not stop the cyberbullying, for example, they can tell a different person.
5. Present the students with the "What would you do if...?" scenarios (slides 5-7) and ask them to write down their honest responses. Here are some examples:
 - What would you do if you found out your brother or sister was being cyberbullied?
 - What would you do if your friend was being cyberbullied?
 - What would you do if you received a bad comment from a stranger?
6. Encourage them to read out their responses. Make sure you tell them there are different ways to respond so any of the answers can be correct.
7. End the exercise by emphasizing the importance of telling someone if they are being cyberbullied and to not give up until the cyberbullying stops.