

# Ways of getting help

Ages 8–11



THE CYBERSMILE FOUNDATION

# Ways of getting help

## OBJECTIVE

To learn about the different ways to get help.

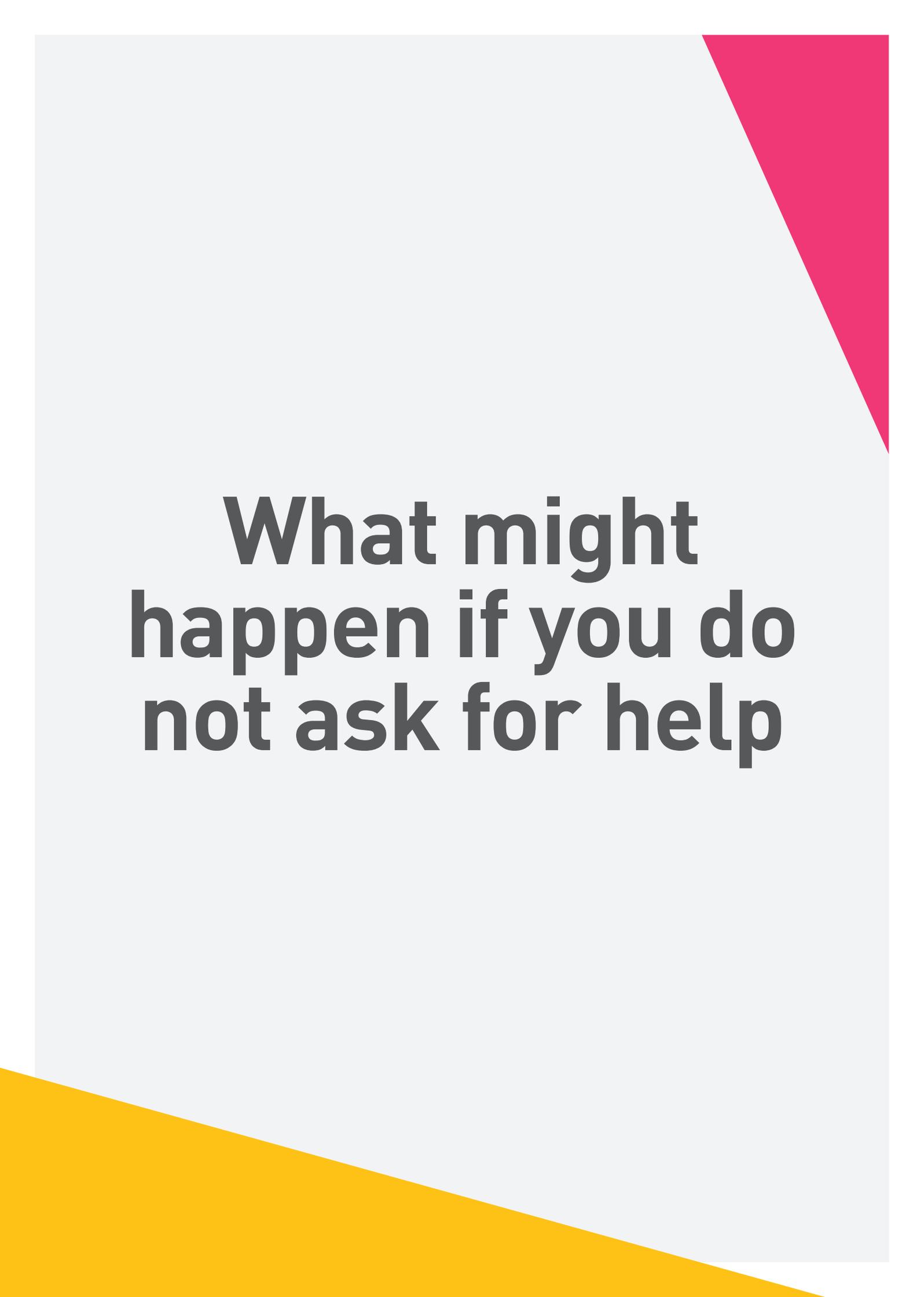
## OUTCOME

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

8-11 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 children, and present the objectives and outcomes.
2. Ask the children to draw pictures of what they can do to get help for cyberbullying. Give them some ideas if they appear to be struggling such as speaking to a parent or teacher, or reporting the cyberbully online.
3. Ask each child to show their pictures to the other children or people in the room.
4. Discuss with the children what is bad about 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, and the cyberbully can bully other people if they are not stopped.
5. Ask the children what they could do if telling one person did not stop the cyberbullying. For example, they can tell a different person.
6. Present the children with the following scenarios below 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?
7. Encourage them to read out their responses. Ensure you tell them there are different ways to respond so any of the answers can be correct.
8. End the exercise by emphasizing the importance of telling someone if they are being cyberbullied and to not give up until the cyberbullying stops.

## EVALUATION

Ask the children to write separate lists of as many advantages and disadvantages they can think of regarding getting help for cyberbullying.

Hopefully they will see that there is hardly anything to add into the 'disadvantage' list.

## NOTES

Feel free to come up with some of your own "What would you do if?" scenarios as well to add into the 'disadvantage' list.