

# Ways of getting help

Ages 11–14



THE CYBERSMILE FOUNDATION

# Ways of getting help



## OBJECTIVE

To learn about the different ways to get help.

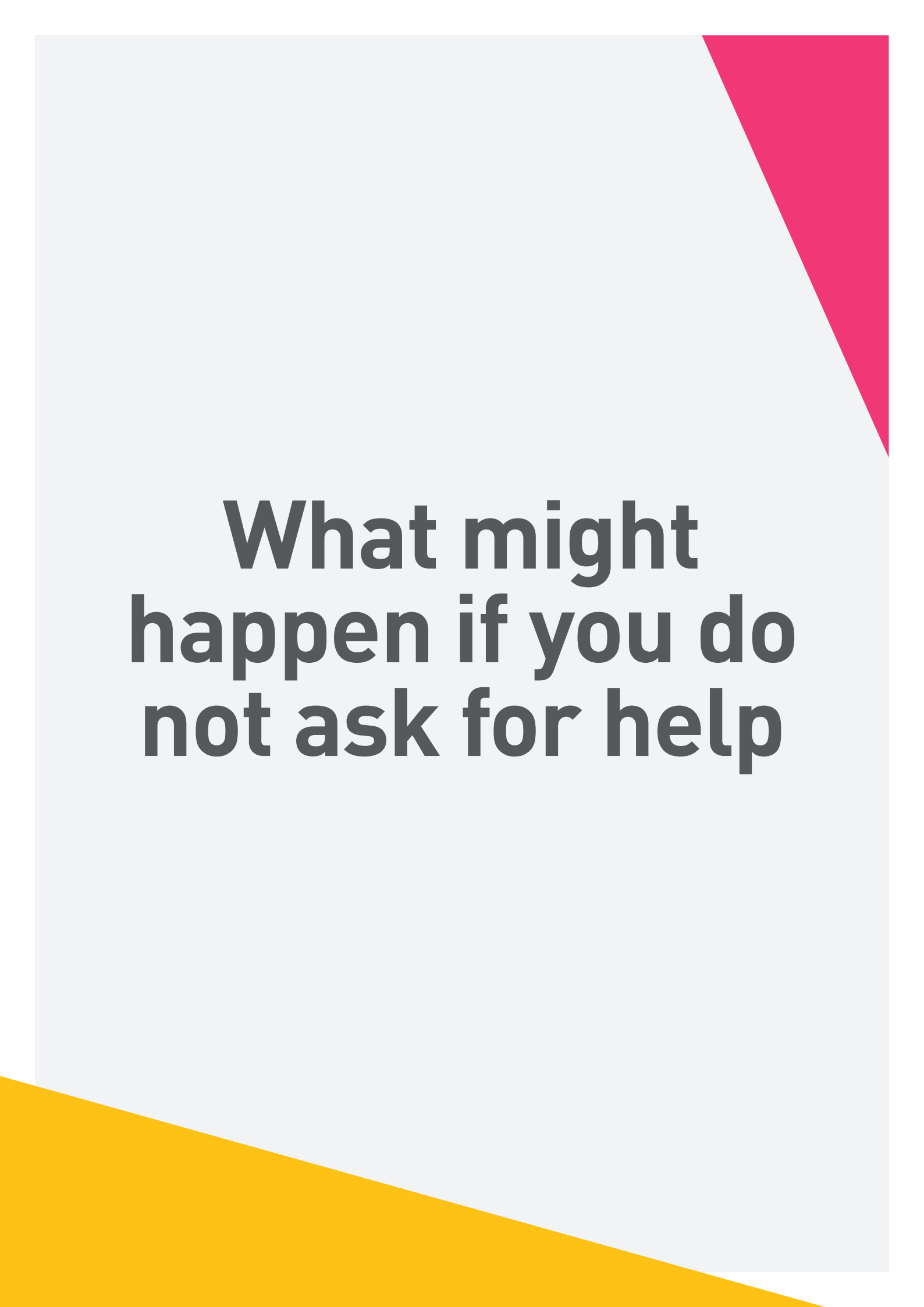
## OUTCOME

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

11–14 YRS

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## 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. 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, the cyberbully can bully other people if they are not stopped.
4. Present the children with the following scenarios below and ask them to write down their honest responses -
  - What would you do if you found out your brother, sister or friend was being cyberbullied?
  - What would you do if you received a bad comment from a stranger?
5. 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.
6. 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!