



Online bullying: what is it?

As described in the UKCCIS ‘Education for a Connected World’ framework, this unit “explores bullying and other online aggression and how technology impacts those issues. It offers strategies for effective reporting and intervention and considers how bullying and other aggressive behaviour relates to legislation.”

Introduction to the unit

Online bullying is any form of bullying that takes place through the use of technology. Online bullying is different to physical bullying, but the effects can be just as damaging. The internet offers a level of anonymity which can provide individuals with the opportunity to be involved in negative online behaviour with limited risk of getting caught/revealing their identity.

Key learning outcomes

- ✓ Explain what is meant by online bullying and know the different types of bullying behaviour that can take place in a variety of contexts.
- ✓ Identify and implement rules to promote positive online behaviour.
- ✓ Explain how to block abusive users and report them via social reporting and helpline services.
- ✓ Describe the laws that govern online behaviour and potential implications of breaking them.

Key words

- Cyberbullying
- Online bullying
- Online behaviour
- Abuse
- Racism
- Sexism
- Homophobia
- Discrimination

Resources

- Weblinks to articles and videos included within activities

Challenge for more able pupils:

Activity 1 - Ask pupils to work in small groups to plan and create their own awareness campaign video that aims to challenge negative online behaviour, including how to report and resolve an online bullying incident.



Online Bullying

Learning style predominance of pupils:

(This space is left blank for the teacher to fill in)

SEN provision:

(This space is left blank for the teacher to fill in)



Learning style:
Discussion, research,
presenting



**Approximate
time altogether:**
1hr



Online Bullying

Activity 1

Key learning objectives:

To be able to...

- ✓ Define what is meant by the term 'cyberbullying'.
- ✓ To understand the difference between bullying and good-natured teasing ('banter').
- ✓ List abusive behaviours that can be seen as bullying, online and offline.

Key learning outcomes:

Pupils will understand what online bullying is and know the types of behaviours that are considered as bullying. Pupils will learn that bullying can happen in a variety of contexts and will understand the consequences of this abuse.

Key questions:

- What is online bullying?
- What is 'banter'?
- What types of behaviour are considered as bullying?
- What are the impacts of bullying?
- Where can bullying happen?
- Why does bullying happen?
- What role does the internet play in providing a venue for bullying behaviour?

What is 'cyberbullying'?

Question: What is 'cyberbullying'?

Students to define what the term 'cyberbullying' means and how bullying can change as individuals get older (2 minutes). Afterwards, ask pupils to feed back their answer to a partner (2 minutes). As a class, discuss the differences between online bullying and good-natured teasing ('banter').

Bullying no longer stops at the school gates. The online world makes it possible for people to be bullied around the clock. In pairs, ask pupils to create a list of behaviours that constitute bullying and how these can relate to the online world. For example:

- Physical bullying
- Verbal bullying (threats, gossip, hurtful comments)
- Emotional abuse (control and manipulation)
- Exclusion
- Undermining
- Discrimination, including making sexist, racist and homophobic remarks

As a class, watch the 'In Real Life' social experiment that showcases what would happen when online bullying is taken offline. Link:

https://www.youtube.com/watch?v=URvC6T_xhE0&t=53s

Reflection questions:

- How did this make you feel?
- Would you be a bystander or would you offer help?
- Are you a bystander to abuse online?
- Why does the online world provide people with the opportunity to abuse others that maybe wouldn't in the real world?
- In what ways did people challenge the negative comments?
- How could you challenge these negative comments in an online setting?



Time taken:
20 minutes



Online Bullying

Activity 2

Key learning objectives:

To be able to...

- ✓ Understand the consequences of online bullying.
- ✓ Know where to go for support and advice on tackling and preventing bullying.
- ✓ Know the laws regarding negative/online bullying behaviour.

Key learning outcomes:

Pupils will know and understand the fatal consequences of negative online behaviour and reflect on their own online behaviour. Pupils will create an awareness campaign video to encourage young people talk about their experiences with online bullying and recognise the support available to them.

Key questions:

- What are the potential consequences of bullying?
- What support is needed for people who are being bullied?
- What are the potential signs of a person being bullied?
- Are you an online bully?
- What social platforms can encourage bullying behaviour?
- What laws do you believe should be enforced to prevent cyberbullying?

Understand the consequences of your words

As a class, watch the interview on This Morning with anti-bullying campaigner Lucy Alexander, whose son took his own life after being bullied online. Link:

<https://www.youtube.com/watch?v=jX0Y4tEtSlk>

Reflection questions:

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- What support is needed for people who are being bullied?
- What are the potential signs of a person being bullied?
- Are you an online bully?
- What social platforms can encourage bullying behaviour?
- What laws do you believe should be enforced to prevent cyberbullying?

Ask pupils to plan and create a social campaign video that discusses:

- What online bullying is
- What the potential consequences of online bullying are
- What the signs and symptoms of someone who is a victim of online bullying are
- How to support someone who is a victim of bullying



Time taken:
40 minutes