Learning Objectives

Identify cyberbullying and understand its' consequences
Promote active and open discussions to promote an openness to talk about cyberbullying
Understand the importance of being an 'Upstander', not a 'Bystander'

Resources	Success Criteria	Key Vocabulary
• Learning pathway video • Displayed or printed copies of Resource 1 • Printed copies of Resource 2 • Printed copies of Worksheet 2	• I know what to do if myself or someone I know is being bullied online • I can empathise with people who may have been victims of bullying	• Bullying • Cyberbullying • Consequences • Upstander • Bystander • Empathy

Main Lesson Sequence (40-60 minutes)

- Watch the learning pathway video 'Cyberbullying'
- Display or distribute the bullying photograph (Resource 1). Discuss what the children think is happening in the photo. Who is the buy? Who is the victim? Explain what the terms 'Upstander' and 'Bystander' mean. Are there any 'Bystanders in the photo? What are they doing? Are there any 'Upstanders' in the photo? Ask the children if they think it's easier to be an upstander or a bystander and discuss their reasons. They should come up with ideas like it's easy to follow the crowd, it's hard to do something that's different to everyone else, you might be afraid of being bullied yourself if you are an upstander etc.
- Discuss what someone would need to do to be an upstander – talking to the victim, persuading them to tell an adult, telling an adult themselves, being a friend to the victim. Ask the children what qualities they think an upstander would display – empathy, bravery, kindness, etc. Divide the class into small groups. Give each member of each one of the cards from Resource 2 and ask them to create a short role-play scene to demonstrate a scene of bullying which includes both bystanders and upstanders. Perform these for the class.
- Discuss how it is often easier to identify bullying in real life but it can be harder to identify cyberbullying. Why do they think this is?
- Distribute Worksheet 1 and read the short story at the top. Ask the children to read the questions carefully and answer them. Discuss these as a class when they have finished.

Extension Activities

- Children could create posters/leaflets/short videos advising people on what to do if they or someone they know are being bullied online.
- Create a whole-school pledge to promise to be kind to each other and to stand up to bullying and cyberbullying.