

# SCRIPT

## Grade 4 Health TEKS 115.16

(13)(C) discuss the consequences of cyberbullying and inappropriate online and digital communication in relation to home and school environments;

(14)(A) analyze distinguishing characteristics of cyberbullying;

(14)(B) describe the negative impact bullying, including cyberbullying, has on both the victim and the bully

### Slide One

*Greet the students and introduce yourself.*

### Slide Two

Today, we are going to be learning about something very important: bullying and cyberbullying.

### Slide Three

We have three learning goals for our lesson today. At the end of this lesson, you should be able to:

- analyze the distinguishing (or unique) characteristics of cyberbullying;
- describe the negative impact that bullying, including cyberbullying, has on both the victim and the bully; and
- discuss the consequences of cyberbullying and inappropriate online and digital communication in relation to home and school environments.

### Slide Four

What is cyberbullying? I bet everyone here knows. Who can tell me? *Allow students time to respond. Help them summarize.* Yes, cyberbullying is bullying through email, direct messaging, chat room exchanges, website posts, or digital messages and images sent to a cell phone. Cyberbullying, like traditional bullying, involves an imbalance of power (meaning, one person has more power), aggression, and a negative action that happens over and over again.

### Slide Five

Cyberbullying has some distinguishing, or unique, characteristics that make it different from regular bullying.

### Slide Six

Anonymity is the first distinguishing characteristic of cyberbullying. What does anonymity mean? Let's think about the root word, *anonymous*. What does *anonymous* mean? *Allow students time to respond.* Right, anonymous means a person not identified by name. Many cyberbullies use fake names or various apps that allow them to be anonymous.

As bad as the "bully" on the playground may be, they can easily be identified and avoided. A cyberbully, on the other hand, might be anonymous. The victim is left wondering who the cyberbully is, which can cause a great deal of stress.

### **Slide Seven**

The second characteristic that makes cyberbullying different from traditional bullying is accessibility. Traditional bullies terrorize their victim at school, on the bus, or walking to or from school. Although bullying can happen elsewhere in the community, there is usually a regular period of time during which bullies have access to their victims: during the school day.

Cyberbullies can wreak havoc any time of the day or night. Many of us take our cyberbully with us everywhere we go because we are never away from our phones.

### **Slide Eight**

Another unique characteristic of cyberbullying that makes it different from traditional bullying is the number of bystanders.

Most traditional bullying happens in the presence of a group of bystanders. The phenomenon of being a bystander in the cyber world is different because it is so easy to forward, share, and repost. The number of bystanders to cyberbullying could reach an unlimited number of people anywhere in the world, not just those nearby.

### **Slide Nine**

Another way cyberbullying is different is that many students are afraid to report it out of fear that their cyberbully will attack them more and because they are afraid that their computer or phone privileges will be taken away by the adults who love them who are trying to protect them.

Adults might try to limit access to your devices to give you a break from seeing what the cyberbully is saying, so when you tell the adults you live with that you are being cyberbullied, explain to them that you are afraid to tell them because losing your phone would seem like more punishment. Ask them to help you find other ways to deal with the cyberbullying. Also, be sure to report the cyberbullying at school so it can be investigated and stopped.

### **Slide Ten**

Disinhibition is another unique characteristic of cyberbullying. Disinhibition is saying or doing something without thinking about the consequences. It means you don't think about the potential unwanted or dangerous results of your behavior.

The anonymity afforded by the internet can lead people to engage in behaviors that they might not do face-to-face. Ironically, it is their very anonymity that allows some individuals to bully at all.

### **Slide Eleven**

What are some common forms of cyberbullying?

### **Slide Twelve**

Harassment: repeatedly sending offensive, rude, and/or insulting messages.

### Slide Thirteen

Denigration: distributing information about someone that is mean and untrue by posting it on a webpage; sending it through text, email, or direct message; or posting/sending fake photos of someone.

### Slide Fourteen

Flaming: online "fighting" using electronic messages with angry, inappropriate language.

### Slide Fifteen

Impersonation: breaking into another person's email or social networking account and using that person's online identity to send or post vicious or embarrassing material to/about others.

### Slide Sixteen

Outing: sharing someone's secrets or embarrassing information, or tricking someone into revealing secrets or embarrassing information and forwarding it to others.

### Slide Seventeen

Cyberstalking: repeatedly sending messages that include threats of harm or intimidation, or engaging in other online activities that make a person afraid for his/her safety.

### Slide Eighteen

Next, let's talk about the impact of bullying and cyberbullying.

### Slide Nineteen

Bullying hurts the bully AND the victim. It isn't good for ANYONE involved.

### Slide Twenty

Let's take a look at this short video that explains the impact of bullying in any form. *Play the video, which has a run time of 1:00. If the video doesn't work, here is the direct link: <https://youtu.be/NDsrYiHjNbQ>.*

### Slide Twenty-One

- Bullying and cyberbullying make school feel less safe for everyone involved. Why?
- People get hurt, and as we saw in the video, it's not just the victim who gets hurt.
- Bullies and their victims can suffer from lower grades and poorer attendance,
- Bullies and their victims can also suffer from low self-esteem.
- Bullying and cyberbullying disrupt the learning environment.
- Bullying and cyberbullying can trigger an increase in problem behaviors.

### Slide Twenty-Two

Throughout the United States, cyberbullying is punishable by law. In Texas, David's Law helps protect victims of bullying and cyberbullying. Why is it illegal? Because it hurts people. It's like a stop sign. We have stop signs to keep people safe. Blowing a stop sign is illegal because someone can get hurt. We have David's Law to keep people safe. Bullying and cyberbullying are illegal because someone can get hurt.

### Slide Twenty-Three

So what are the consequences of cyberbullying?

### Slide Twenty-Four

Cyberbullies can expect three different layers of consequences.

### Slide Twenty-Five

Students who are found to be cyberbullying may get in trouble at school, including being suspended and not being allowed to use district technology. Cyberbullies may also face consequences at home, like being grounded or having their technology taken away from them. More serious cases of cyberbullying will also involve the police, because it is a crime to cyberbully.

### Slide Twenty-Six

Let's hear about Alex and his experience with bullying and cyberbullying. *Play the video, which has a run time of 2:20. If the video doesn't work, here is the direct link: <https://youtu.be/peDosNN7I3w>*

### Slide Twenty-Seven

If you are the victim of cyberbullying or know someone who is, it's easy to report. In the video, Alex saved screenshots of the cyberbullying as proof and then reported it to his parents. Then they reported it to the school.

You can tell your school principal or school counselor; you can report it to your teacher, other staff, or parents; and you can also report cyberbullying on your school's website via the anonymous tip line. YOU have the power to stop bullying and cyberbullying!

### Slide Twenty-Eight

Wow, we sure learned a lot today! Let's see how we did. We had three learning goals today. By a show of hands, tell me if you reached each of these learning goals.

First, how many of you can tell me the unique characteristics of cyberbullying? *Allow students time to respond. Help them recall all five: anonymity, accessibility, bystanders, fear, and disinhibition.*

Second, how many of you can describe the negative impacts of bullying on the bully and the victim? *Allow students time to respond. Help them recall as many as possible: school feels less safe for everyone; bullies and victims suffer from lower grades, poor attendance, and low self-esteem; learning is disrupted; increase in problem behaviors; people get hurt.*

And lastly, how many of you can tell me the consequences of cyberbullying? *Allow students time to respond. Help them recall as many as possible: trouble at school, trouble at home, trouble with the law. Cyberbullying is a crime!*

Bonus question: What is the name of the law in Texas that protects victims of bullying and cyberbullying? *Allow student's time to respond. David's Law! Great job.*