

SCRIPT

Grade 5 - Health TEKS 115.17

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

(14)(A) identify methods available to report bullying;

(14)(B) identify ways to advocate for self and others to prevent bullying and cyberbullying behavior.

Slide One

Greet students and introduce yourself.

Slide Two

Today, we are going to talk about something very important: Bullying and Cyberbullying. Who can tell me what bullying is? *Allow students time to respond.* Who can tell me what cyberbullying is? How is it different from regular bullying? *Allow students time to respond.*

Slide Three

We have three learning goals for our time together today. By the end of this lesson, you will be able to:

- analyze the consequences of cyberbullying and inappropriate online communication;
- identify ways to report bullying; and
- analyze ways to show disapproval of bullying and cyberbullying behavior.

Slide Four

First, let's discuss the consequences of bullying and cyberbullying. There are three layers of consequences for bullying and cyberbullying: you can get in trouble at home, at school, and there are also consequences within the community.

Slide Five

At home, the consequences of bullying and cyberbullying could be that your parents don't trust you to behave appropriately online, so they may take your devices away. You could also get grounded. What are some ways you might get in trouble at home for bullying or cyberbullying? *Allow students time to respond. They may share personal stories or stories of a friend or sibling, but be sure to ask them not to name any names.*

Slide Six

At school, the consequences of bullying and cyberbullying include losing the trust of your teachers and friends. You might even lose friends if you're mean in person or online. You could be pulled into the principal's office and given a consequence or even suspended. What are some other consequences of bullying and cyberbullying at school? *Allow students time to respond, but be sure to ask them not to name any names.*

Slide Seven

In the community, there are also consequences for bullying and cyberbullying. If you're using social media to cyberbully, the platform may suspend your account or ban you for violating their terms of service. If the bullying or cyberbullying is reported to the police, you may face an investigation and legal punishment.

Slide Eight

It doesn't pay to be a bully or cyberbully. There are many negative consequences and they can have a major and lasting impact on your life. Because bullying and cyberbullying are so harmful, there are laws in place to prevent it and to protect the victims.

Slide Nine

Next, let's talk about ways to report bullying and cyberbullying, because reporting it is the best way to stop it and keep everyone safe.

Slide Ten

Tell a friend. They can help you by being a listening ear, and they might even help you by going with you to talk to an adult about it. It's good to have some support if you're experiencing bullying or cyberbullying.

Slide Eleven

Tell your parents or the adults you live with. You could even tell a grandparent, aunt or uncle, or an older sibling or cousin. They can help you stop the bullying.

Slide Twelve

Tell your school. Talk to a trusted teacher, coach, principal, counselor, or other staff member. Even if the bullying or cyberbullying takes place outside of school, there are ways that the school can take action against the bully to protect you and ensure that you feel safe at school.

Slide Thirteen

If you don't feel comfortable talking to an adult, you can report bullying and cyberbullying through your school's anonymous tip line, typically found on your school or district website. There are also ways to report abuse and flag users on every social media platform.

Slide Fourteen

Now we're going to watch a video that gives you helpful tips to stop cyberbullying. *Play the video, which has a run time of 2:32. If the video doesn't work, here is the direct link: <https://youtu.be/WegCMoQ-UNs>.*

Slide Fifteen

So far today, we've talked about what happens AFTER bullying or cyberbullying occurs. We discussed the consequences and ways to report it. But now we're going to talk about ways to stop bullying and cyberbullying while it's in progress. The sooner you can intervene, the sooner it stops. YOU have the power to stop bullying! Let's look at how.

Slide Sixteen

Avoid joining in or laughing. Sometimes kids will chime in or laugh when bullying occurs. But even a nervous laugh gives a bully the response he is looking for. If you don't feel brave enough to take direct action against the bully, you can still help by not participating in the bullying.

Regarding cyberbullying, never like, share or comment on mean or bullying-type posts.

Slide Seventeen

Walk away. Sometimes bullies are simply looking for attention. If they don't have an audience, they will stop. Sometimes, all it takes to help a victim is to walk away from the incident or to ignore the bully.

In the cyberworld, walking away translates into blocking the person who is cyberbullying you or someone else.

Slide Eighteen

Tell the bully to stop, or comment that the post is cyberbullying. Usually, if a bully is not getting positive attention from the crowd, he will stop what he is doing. It only takes one or two people to show disapproval for the bullying to end.

Slide Nineteen

Get an adult. Walk away from the bullying incident and go find help, because if the bullying is not reported, it will continue. Also, if you witness bullying or cyberbullying and are willing to tell someone what you saw, it helps support the victim.

Slide Twenty

Use a cell phone to call or text for help. If you have a cell phone, you can always call or text an adult and ask for help.

Slide Twenty-One

Request that other bystanders stand up, too. Sometimes it is safer and more effective if a group of kids confronts the bully. In fact, research shows that when peers intervene in a bullying incident, the bullying stops nearly 60% of the time.

There is strength in numbers -- rally your friends to put an end to bullying at school.

In the case of cyberbullying, you could get your friends to unfollow the cyberbully or call them out for their mean or inappropriate posts.

Slide Twenty-Two

Always report cyberbullying. Save the posts and report the cyberbullying to an adult. Many social media sites also have ways to report abuse and harassment.

Slide Twenty-Three

WOW--we sure learned a lot today! Let's see how we did. By a show of hands, tell me if you reached each of today's learning goals.

How many of you can tell me the consequences of bullying and cyberbullying? *Call on a few students to respond until you've covered all three areas (home, school, community).* What about the consequences of inappropriate online communication? *Call on a few students to respond.*

How many of you can tell me ways to report bullying? *Call on a few students to respond until you've covered the different ways to report bullying*

How many of you can tell me the different ways to show disapproval of bullying and cyberbullying as it's happening? *Call on students to respond until you've covered all the ways to show disapproval of bullying and cyberbullying.*

Slide Twenty-Four

Great job today, everyone! You should be very proud of how much you've learned. Remember, YOU have the power to stop bullying and cyberbullying, and the most important thing you can do is REPORT it.