



Length of session:	1 hour
Location:	classroom with room to move around
Resources:	flipchart/pens/DVD (if appropriate) /handout providing contact details of support or leaflet on college anti-bullying policy

Learning Objectives

By the end of the session students will:

- Have a clear understanding of what constitutes bullying (in particular cyberbullying)
- Appreciate the reasons why people bully and the impact of their actions
- Be aware of how to minimise the risks of becoming a victim of cyberbullying
- Be aware of the consequences for people who become involved in bullying behaviour
- Know the resources they can turn to if they are a target of bullying

At the beginning of the session set the boundaries for the discussion. You should state that anything which is covered during the session is confidential and any disclosure stays within the room (unless the information places someone in danger).



Types of bullying – 10minutes

Using the flipchart, run a thought shower with the students to identify all the different types of bullying they can think of.

Their list could include:

- making someone unhappy or afraid by name calling
- jokes, teasing/laughing at
- physical violence
- blocking the way
- giving dirty looks
- staring
- gesturing
- insulting
- spreading rumours/gossip
- excluding, blanking etc.

They may also include references to cyberbullying.

Then ask the group how it can be carried out?

They could mention:

- face to face
- over the phone (call or text)
- graffiti
- internet

Reasons for bullying and impact – 10minutes

Ask the group to think of reasons why people bully.

The group could come up with:

- to make people feel big/clever
- to show off to their friends or the opposite sex
- for power
- for popularity
- to feel part of the group
- to prevent them becoming a victim etc.

Ask the group if they or anyone they know has been a target of bullying. If so, ask them to describe how being bullied made them feel. Ask if cyberbullying might have a greater impact? Why?

Cyberbullying – 15 – 30minutes

Ask the group to describe all the types of ways someone could use technology to bully another person. Use the 'Technology: positive & negative uses' chart in this pack which lists all the forms of technology and their misuse as a prompt. [If you plan to make the session run for longer than an hour you may want to use a DVD resource which depicts an individual's story of being a victim of cyber bullying e.g. www.digizen.org/cyberbullying/fullFilm.aspx]

State to the students that with cyberbullying the harm can be amplified quickly and to a huge audience. You might consider creating a PowerPoint slide or handout with the following information:

Could you be a bully and not know it?

Did you know that:

- Forwarding nasty emails or texts/pictures
- Adding to a blog which is abusive about someone else
- Participating in a chat room slagging someone off
- Showing inappropriate pictures of someone else on your phone

means that you are also guilty of bullying the victim? THINK before you pass anything on!

How to prevent yourself becoming a target of cyberbullying – 15minutes

Split the group into smaller groups and ask them to write down on a piece of flipchart paper how they would prevent becoming a target of cyberbullying. Then bring back together and ask them to feedback.

The answers could include:

- not giving out your phone number/email address to strangers
- not adding random people to social networking sites (or blocking/refusing to be their friends)
- using the report abuse function on websites

- not posting anything online which might come back to haunt you
- never giving out passwords
- keeping texts and emails as evidence
- telling/showing people any nasty comments/pics etc.

Consequences for those who bully – 5minutes

Explain to the students that bullying is not acceptable and will be dealt with by your institution. If you have a bullying policy within your college explain what the consequences will be if someone is alleged to be bullying another person/people.

Explain that in some cases bullying can become a criminal offence. The police may be contacted in cases such as harassment or threatening words and behaviour. As cyberbullying can provide firm evidence (text message/email/pic etc.) the police may decide to prosecute.

Who to turn to – 5minutes

Ask the group to discuss what they would do if they or a friend was being bullied.

Ask if they know who they could go to for advice and support. This may be someone in your institution, an outside agency (youth workers etc), a website.

Provide the students with contact details/web addresses etc. to take away with them. Ensure students know exactly how to report bullying in a safe way and to whom. If your institution has a bullying policy or leaflet, make it available to them.