

# Cyber Bullying

Grade  
**8**

## Alberta Education Health & Life Skills Programs of Studies Outcomes

The student will...

- W - 8.1 Examine the relationship between choices and resulting consequences.

### Teacher Background

Cyber bullying is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using the Internet, interactive and digital technologies or mobile phones. It has to have a minor on both sides, or at least have been instigated by a minor against another minor. Once adults become involved, it is plain and simple cyber harassment or cyber stalking ([stopcyberbullying.org](http://stopcyberbullying.org), 2012).



### Objectives

- Students will be able to explore how a friendly relationship can turn into bullying by involving computers and cell phones.
- Students will identify positive/negative terms used in texting.

### Materials

- Handout: *Cyber bullying – What’s Wrong With This Picture?*
- Internet access/screen

### Get Ready

- During this lesson the students will identify problems with the relationship between two friends.

### Activity 1: What’s Wrong With This Picture?

- Working in pairs, have students will work through the handout *Cyber Bullying – What’s Wrong With This Picture?*
- Partners will discuss the scenario.

## Activity 2: Video

- Watch the video “CyberBullies”. This video is approved by Alberta Education and can be accessed on the Alberta Education COAC website <http://coac.learnalberta.ca>
- Have students discuss as a class what strategies were used in the video for dealing with cyber bullying.
- Ask them to come up with additional strategies?

## Conclusion

Everyone should be treated with respect. Whenever you are using your cell phone, e-mail or social media, keep in mind to be positive. Don't share any photos that might be embarrassing or inappropriate. If you are experiencing a problem in a relationship, you need to discuss it with a trusted adult.

## Take Home Activity

- Discuss with your parents some of the strategies that you would use if faced with a situation of cyber bullying.

## Assessment Strategy

- Rubric to mark the participation in the class discussion.

## Reference

Alberta Education. (2012). *Bullying Prevention*. Retrieved from: [http://educaton.alberta.ca/media/6570209/cs\\_cyberbullying.pdf](http://educaton.alberta.ca/media/6570209/cs_cyberbullying.pdf)

# Cyber Bullying – What’s Wrong With This Picture?

Lisa and Anna are best friends at their Junior High. Lisa shares with Anna that she has found some new friends and she does not have time to hang out with her anymore. Anna is very upset and takes her phone and sends off a photo of Lisa in her P.J.’s without any makeup to all her contacts on her cell phone. She also includes the message that Lisa is a \*\*\*!

**What are the problems with the relationship?**

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**What might people do with the text that they have received?**

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