

Lesson Focus 3: Cybersmart Hero

This focus will enable students to:

- identify what cyberbullying is
- describe and use strategies in situations where they feel cyberbullied
- recognise when to seek help in cyberbullying situations
- be a positive bystander in a cyberbullying situation



50 minutes

WA HEALTH AND PHYSICAL EDUCATION SYLLABUS:

Being healthy, safe and active

- Strategies that help individuals to manage the impact of physical, social and emotional changes, such as:
 - Knowing who or where to go for help
- Personal behaviours and strategies to remain safe in uncomfortable or unsafe situations, such as:
 - Being alert and cautious when people you don't know face to face contact you online
- Strategies to ensure safety and wellbeing at home and at school, such as:
 - Following safety guidelines when online

Communicating and interacting for health and wellbeing

- The positive influence of respect, empathy and the valuing of differences in relationships
- Strategies to identify and manage emotions before reacting
- Strategies to cope with adverse situations and the demands of others

PREPARATION AND MATERIALS

- Projector to show media clip as a class
- Pens
- Activity Sheet: Bullying, Cyberbullying, Not Bullying and Undecided Signs
- Activity Sheet: What do you think? Scenarios
- Activity Sheet: Cyberbullying

CONTENT

Discussion: Cybersmart Hero

(ACPPS034) (ACPPS035) (ACPPS036) (ACPPS037)



**Social
Awareness
Online**



**Decision
Making
Online**



**Relationship
Skills
Online**

Introducing the Key Message

Explain: We are going to be exploring more about emotions, peer pressure and peer support online.

Today we are going to watch a video about the characters who get caught up in a friendship situation that leads to cyber bullying. You will see the main character 'Hero' experiences a range of emotions as she tried to work out how to deal with one of her friends who is being mean to another classmate.

We will get to see how an unpleasant emotion, like jealousy, can lead to someone being mean to someone else online.

Show the video Cybersmart Hero:

<https://www.esafety.gov.au/educators/classroom-resources/cybersmart-challenge/cybersmart-hero>

Teacher's Tip: Stop the video at break times suggested below to facilitate the class discussion as outlined.

Stop the video at 1.47.

Ask the class:

- Why do you think Riba is being mean about the new girl Anna? (Riba is jealous and upset about Anna winning best and fairest at netball).
- Have you seen any peer pressure between Riba and Hero?
- How is Hero feeling about what Riba is doing at this stage?
- How is Hero feeling about Anna?

MID VIDEO - Discussion break

Ask the class:

- Do you think it's alright to have a competition like this? Why/why not?
- When does making funny comments about someone become bullying?

Students take 2-3 minutes to discuss the questions with the student sitting next to them.

You may wish to pose additional questions, such as:

- Why do you think Riba is wanting the others to make comments about Anna?

Stop the video at 4.33.

Ask the class:

- What made Hero change her mind about being involved with what was happening online?
- What did Hero do to help Anna?
- Do you think Hero and Riba can still be friends?
- What would you do?
- When does making funny comments about someone become bullying?

END VIDEO - Discussion break

Reinforce the important tips for being safe online to discuss once the video has finished:

- How can a bystander (someone who knows bullying is happening) become an upstander (someone who takes action to help the person being bullied)?
- Report the bullying to someone you trust straight away - like a parent, sibling, uncle, aunt, teacher or friend and keep telling until someone listens.
- Don't join in - don't comment on posts, images or videos that could hurt others.
- And remember, always support your friends whenever they are being bullied.

Further discussion

- What are the challenges associated with the group sharing passwords?
- How can you avoid sharing passwords especially when others are sharing theirs?

LESSON FOCUS 3: Cybersmart Hero

YEAR
4

Activity: What do you think?

(ACPPS034) (ACPPS035) (ACPPS036) (ACPPS037)

 15 minutes

**Social
Awareness
Online**

**Decision
Making
Online**

**Relationship
Skills
Online**

1. Display **Activity Sheet: Bullying, Cyberbullying, Not Bullying and Undecided Signs** around the classroom.
2. Read aloud the **Activity Sheet: What do you think? Scenarios** and then ask students move to the sign that best matches their opinion. They should be prepared to provide reasons to support their choices.

Extension Activity: Cyberbullying

(ACPPS034) (ACPPS035) (ACPPS036) (ACPPS037) (ACPPS038)

 15 minutes



**Self
Awareness
Online**



**Managing
Ourselves
Online**



**Social
Awareness
Online**



**Decision
Making
Online**



**Relationship
Skills
Online**

1. Students complete the **Activity Sheet: Cyberbullying** about what cyberbullying looks like/feels like/how to take action.

Teacher's Tip: Explore the following websites to help guide classroom discussion on strategies students can use to take action if someone is being mean to them or others online:

- <https://www.esafety.gov.au/kids/i-want-help-with/someone-is-being-mean-to-me-online>
- <https://www.esafety.gov.au/kids/i-want-help-with/people-are-being-mean-to-others-online>

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Connection with home

Teachers may like to share the following information with parents:

Today your child learnt about being a **cybersmart hero** in the online environment as part of the curriculum for the Cyber Friendly Primary Schools project run by the Telethon Kids Institute.

This lesson focus enabled students to:

- identify what cyberbullying is
- describe and use strategies in situations where they feel cyberbullied
- recognise when to seek help in cyberbullying situations
- be a positive bystander in a cyberbullying situation

Parents are encouraged to access the Cyber Friendly Primary Schools website which provides tips and strategies for families to help children develop positive online social and emotional learning skills:

cyberfriendlyprimary.telethonkids.org.au

Additional resources

Website	Explanation
https://www.esafety.gov.au/educators/classroom-resources/cybersmart-challenge/cybersmart-hero	Cybersmart Hero (05:48 - video)
https://www.esafety.gov.au/kids/i-want-help-with/someone-is-being-mean-to-me-online	Someone is being mean to me online
https://www.esafety.gov.au/kids/i-want-help-with/people-are-being-mean-to-others-online	People are being mean to others online

Lesson 3 – Teacher Reflection

Syllabus content	Australian curriculum	Digital SEL skills lesson content	Assessment examples
Being healthy, safe and active			
Strategies that help individuals to manage the impact of physical, social and emotional changes, such as: • Knowing who or where to go for help	Explore strategies to manage physical, social and emotional change (ACPPS034)	Social Awareness Online: • Respecting others online, understanding positive and negative relationships online Relationship Skills Online: • Communicating and interacting respectfully with others online	• Discussion: Cybersmart Hero • Activity: What do you think? • Extension Activity: Cyberbullying
Personal behaviours and strategies to remain safe in uncomfortable or unsafe situations, such as: • Being alert and cautious when people you don't know face to face contact you online	Describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe (ACPPS035)	Social Awareness Online: • Respecting others online, understanding positive and negative relationships online Decision Making Online: • Making responsible choices and seeking help online	• Discussion: Cybersmart Hero • Activity: What do you think? • Extension Activity: Cyberbullying
Strategies to ensure safety and wellbeing at home and at school, such as: • Following safety guidelines when online	Identify and practice strategies to promote health, safety and wellbeing (ACPPS036)	Decision Making Online: • Making responsible choices and seeking help online	• Discussion: Cybersmart Hero • Activity: What do you think? • Extension Activity: Cyberbullying
Communicating and interacting for health and wellbeing			
The positive influence of respect, empathy and the valuing of differences in relationships	Describe how respect, empathy and valuing diversity can positively influence relationships (ACPPS037)	Social Awareness Online: • Respecting others online, understanding positive and negative relationships online Relationship Skills Online: • Communicating and interacting respectfully with others online	• Discussion: Cybersmart Hero • Activity: What do you think? • Extension Activity: Cyberbullying
Strategies to identify and manage emotions before reacting	Investigate how emotional responses vary in depth and strength (ACPPS038)	Self Awareness Online: • Understanding their own feelings, emotions and moods online	• Extension Activity: Cyberbullying
Strategies to cope with adverse situations and the demands of others		Managing Ourselves Online: • Managing their feelings, emotions and moods and setting rules and limits online	