

## SAFE ENVIRONMENT LESSON PLAN ~ "BULLYING AND CYBERBULLYING"

### OBJECTIVES

The High School student will

1. Define bullying and cyberbullying.
2. Discuss reasons why kids bully.
3. List steps to maintain internet safety.
4. Create a plan to be a defender against bullies.

### OVERVIEW OF CONTENT

#### **PART ONE ~ BULLYING**

This section of the lesson addresses ideas such as:

- Define bullying and discuss the reasons why people get bullied.
- Identify reasons why people bully others
- Recall our responsibility as Christians if we know someone is being bullied

#### **PART TWO ~ CYBERBULLYING**

This section of the lesson addresses ideas such as:

- Define cyberbullying and discuss where this takes place
- Reaffirming that there is only one world – cyber world is part of our real world

#### **PART THREE ~ 4 RULES OF "NETIQUETTE"**

This section of the lesson addresses ideas such as:

- Discussing rules for using good judgment on the internet
  - Keep your identity private.
  - Never respond to an e-mail, instant message, chat comments or other social media messages/posts that are hostile, inappropriate or in any way make you feel uncomfortable.
  - Never, ever, arrange to meet someone you meet online without parental permission AND supervision.
  - Always talk with your parents to establish rules and expectations for going online.

#### **PART FOUR ~ BEING A DEFENDER AGAINST BULLIES**

This section of the lesson addresses ideas such as:

- Providing tangible steps for defending yourself or someone else who is being bullied
- Relating being a defender against bullies to the story of the Good Samaritan
- Affirming that Jesus challenges us to always do what is right even when it is the hard choice

### ASSESSMENT

Ask student to complete

- Bullying Action Plan (Resource A)
- Internet Safety Scenarios (Resource B)
- 10 Commandments of Internet Safety (Resource C)