

## The impact of cyberbullying.



Lesson plan: demonstrate the impacts of cyberbullying and build empathy.

Grades: 4-6

### Material

- Printable heart for each student.

### Activity

- Print a heart (see next page) for each student in your classroom.
- Distribute the printed hearts and have students cut them out.
- Ask students to look at the heart and ask if it shows any cracks or imperfections. Ask them to imagine it is their own heart beating inside their chest.
- Prompt students to give their heart to their neighbour and ask their neighbour to give it some love and say some kind words – just as if it were their own.
- Now, ask students who are holding each other's hearts to crumple them up. Invite them to throw the heart on the floor, stomp on it or squish it tight between their palms.
- Next, ask them to uncrumple it and apologize to the heart. Hand the heart back to its owner.
- Ask students to examine their heart as is. What does it look like? Is it beaten down? Does it look like it did when they first held it?
- **Explain to students that this heart is meant to represent what it feels like when someone is bullied in person or online.**

Bullying hurts and can impact us in ways that cannot be undone. In order to end bullying, we need to understand that our actions can have a huge impact on one another, whether we can see it or not. Being kind, demonstrating empathy and intervening when we see cyberbullying is how we can all help to make sure little cracks don't appear in our hearts.

# The impact of cyberbullying.



Bullying hurts and can impact us  
in ways that cannot be undone.

Remember to always be kind online and  
help others when you witness cyberbullying.

\_\_\_\_\_  
Your name



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