



Bring digital literacy education into your classroom

Lesson plan: Understanding the impact of cyberbullying

Grades: 6-9

Duration: 1 hour

Overview

Sometimes it takes putting ourselves in someone else's shoes to understand their struggles. In this lesson, help students understand the impact of cyberbullying by watching four short videos that illustrate a first-person perspective on cyberbullying by those who have experienced it firsthand and those who have bullied others.

Materials:

- A whiteboard/writing instruments
- Projector screen and internet access
- TELUS Wise videos on YouTube

Set the tone by asking students these introspective questions:

- Have you experienced cyberbullying?
- Have you ever witnessed cyberbullying?
- If so, what did you do in the moment?
- Have you ever cyberbullied someone else?
- Have you ever intervened if you witnessed cyberbullying happening?

Introduce the exercise:

Let students know they will be watching and reflecting on a series of videos featuring youth who have firsthand experience with cyberbullying, either by cyberbullying others or experiencing it themselves.

Watch the videos*:

Watch the four videos together as a class, then divide the class into small groups, assigning each group one of the four videos.

Video #1: [Tricked into oversharing](#)

Sienna shares her story of when she was fooled into sharing personal information over text. The information was used to embarrass and cyberbully her.

Video #2: [Who can you trust?](#)

Idiris was made fun of online for his race, sexuality and the way he looked. He started to think it was people he knew who were bullying him anonymously, and he didn't know who to trust.

Video #3: [I used to be a bully](#)

Meaghan used to cyberbully others. She reflects on her experience after realizing the pain and damage caused, and shares what she's learned and encourages others to end bullying.

Video #4: [Rising above long-term bullying](#)

After receiving several cruel messages, CieCie discovered she was being cyberbullied and it carried on for years. Watch how CieCie overcomes this experience.

Reflection:

After watching the videos together, ask each group to reflect on the video assigned to them, using these questions as a guide. Then facilitate a classroom discussion by calling on each of the groups to share their thoughts with the class.

Group reflection questions:

- Q1.** What stood out to you most about their experience?
- Q2.** If you were in their shoes, how would you have handled the situation?
- Q3.** If you were their friend or classmate, what could you have done to help?