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Bring digital literacy education into your classroom.

Lesson plan: #EndCyberbullying

Grades: 6-8
Duration: 45 minutes

Overview:

In this lesson, students are guided through several TELUS Wise videos that explore the real-life impact that cyberbullying can have. The accompanying activity tasks students with creating a positivity playlist to spread messages of positivity, anti-bullying, and community.

Learning outcomes

Students will:

- Understand the real-life impact that cyberbullying can have

- Learn what inclusivity and diversity is

Preparation and materials

- Whiteboard and markers to capture class feedback

- Prepare to show the following videos:

  - Degrassi: Part 5 – Teasing or Bullying?

  - Backstage: Cyberbullying 1

- Print or prepare access to digital copies of the worksheet (one per student)

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Procedure

Begin by writing the word 'diversity' on the board and ask students if they know what it means. Capture their responses as you work toward the definition: diversity is being different from each other.

Sample answers:

- Having different viewpoints
- Originating from different countries
- Enjoying different activities

Next, ask students to brainstorm the benefits of diversity. Encourage students to consider how their lives are made better by engaging with people who are different than them.

Sample answers:

- You can learn new a skill from someone
- You can be challenged to think differently

Complete the same exercise above but with the word 'inclusion'. Capture responses as you work toward the definition: being included in a group.

Sample answers:

- Inviting someone to sit with you at lunch
- Saying, "yes" when someone asks you if they can hang out with you and your friends

Ask students if they've ever been excluded from an activity or group, and to describe how it made them feel. Next, ask students to brainstorm the benefits of inclusion.

Sample answers:

- You feel less alone
- You can make new friends

After the class has explored the definitions of inclusion and diversity, show **Degrassi: Part 5 – Teasing or Bullying?**

After you've played the video, ask students how they think Baaz felt when Yael made fun of his jacket.

Sample answers:

- Frustrated
- Hurt

After Baaz talked to Yael about what was upsetting him, how did Yael respond?

- Yael apologized for making him feel hurt
- Yael encouraged Baaz to wear the jacket
- Yael respected that Baaz liked the jacket, even though it wasn't her style

Next, show Backstage: Cyberbullying 1.

After you've played the video, ask students to raise their hands if they have ever experienced or had friends who have experienced being cyberbullied for something they're passionate about, like Sasha who received mean messages because he danced. Inform students that it's important to remember to respect what makes each of us different and unique, even if we don't understand it. Reinforce the benefits of diversity and motivate students to embrace the things that make them different.

Next, ask students how Sasha's friends supported him. After a few students have shared their answers, explain to students that his friends invited him to speak about his experience, displaying respect for diversity and inclusiveness.

Next, complete the #PositivityPlaylist activity together as a class.

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#PositivityPlaylist worksheet

Music is a universal language and has the power to drown out negativity online and bring people together in a positive way. Together as a class, we'll create a #PositivityPlaylist.

Select one song to add to the playlist, focusing on a song with lyrics that share messages of positivity, kindness, anti-bullying, and community - or a song that just makes you feel good!

Your song:

Artist:

Source the lyrics of the song you've selected and reflect on the following questions:

1. What is the most positive message in the song?

2. What lyric do you find the most powerful or uplifting? Why?

3. How is the song relevant to our collective efforts to #EndBullying?

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