

SHUT DOWN CYBER BULLYING

**Education Resource Pack to tackle cyber bullying
for secondary school teachers & students**

Developed by Wexford Comhairle na nÓg



**SHUT DOWN
CYBER BULLYING**
A Wexford Comhairle na nÓg Project

INTRODUCTION

Foreword

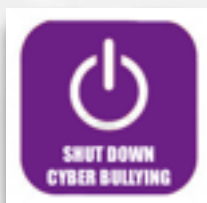
The theme of cyber bullying was identified as an important issue by Wexford Comhairle na nÓg as a result of their own experiences and the experiences of family members and friends. Cyber Bullying was elected as the main theme by majority vote at the Comhairle AGM in 2013. We began to explore the issue, research and create.

SHUT DOWN CYBER BULLYING educational resource pack is the result of our work.

The wonderful world of the world wide web presents many opportunities, knowledge and resources to young people. It provides them with a place to express themselves and connect with like minded people. However it is also a place where young people can be very vulnerable and sometimes young people find themselves in situations that can have serious consequences. We are hoping that the activities in this resource pack will stimulate conversation to inform students of the dangers of being online and encourage them to think about responsible online behaviour and how to protect themselves whilst online, we are hoping that the outcomes of the students work can be shared with the wider school community. We believe that the best ways to prevent cyber bullying is Education. We all need to be educated, children, young people, parents, teachers and professionals working with children and young people. We need to learn about our roles and responsibilities as members of online communities. We need to learn how to develop strategies and respond to bullying. We need to prevent it from happening at all. This educational resource has been designed to support these learnings in the classroom. Based on our own reflections and experiences as young people we hope the activities and information provided will create a valuable learning space for you and your students in preventing cyber bullying.

The purpose of SHUT DOWN CYBER BULLYING resource pack

- **EDUCATE AND LEARN** : Create a learning space for students to become more aware of the benefits and dangers of modern technology
- **REFLECT**: for students to reflect on the awful harm that cyber bullying can cause to an individual
- to encourage students to behave in a more safe and responsible manner online
- **RAISE AWARENESS**: to support the students to create and design their own posters to engage the wider school community
- **TAKE ACTION**: Exhibit and launch posters to the wider school community and engage everyone in the campaign
- **BE STRATEGIC**: for schools to meet the education and prevention strategy requirements of the Anti- Bullying procedures for Primary and Post Primary Schools.
- **DEVELOP POLICY** : adopt an Anti Bullying Charter and develop the schools anti cyber bullying policy



About Comhairle na nÓg

Comhairleí na nÓg are local youth councils designed to give children and young people the "right to have his or her voice heard"

Young people's voices are heard in two ways through Comhairle na nÓg,

•Working on young people's topics

Identifying at the AGM what topic is important to young people and working on that topic to achieve a targeted outcome or impact is the first way that young people can have a voice through Comhairle na nÓg. This is central to the core programme of Comhairle na nÓg.

•Comhairle na nÓg as a consultative forum.

The second strand of the work programme involves Comhairle na nÓg's work as a consultative forum, where members are asked to contribute on consultations, submissions or other formal and informal inputs on services, policies and issues in their local area. This is a very important means for Comhairle na nÓg members to have influence and impact on important matters in their local area. There are a number of mechanisms whereby young people can link in with decision makers and have influence and impact on local matters, these include:

- Representation of young people on decision making bodies
- Engaging with relevant organisations on an ongoing basis.
- Making submissions to key organisations.

WALKING DEBATE

Activity 1: Walking debate

Purpose & Learning Outcomes

This activity is aimed to encourage reflection and debate on central issues. It stimulates critical thinking and how to develop and communicate an opinion. Students begin to question their own safety when using internet sites

Methodology

Everyone gathers in the centre of the room. One sign 'Agree' is displayed at one end of the room, 'Disagree' is displayed at the other end of the room. 'Unsure' should be displayed in the centre of the room. Read out each statement allowing people to move to the area that suits their opinion best. As the arguments for and against are presented, people can choose to change their position.

Preparation

Clear the tables and chairs to the side of the room.

Define each end of the room as 'agree' and 'disagree' and an 'unsure area is in the middle of the room.

Print each statement on a large sheet of paper. It is sometimes easier for the students to read the statements themselves.

- **Walking Debate statements.....**
- **Cyber Bullying is not really Bullying:** A good starting point is to get a consensus from the group that this is a serious issue that needs to be addressed and that schools and teachers play an important role in this learning.
- **'I know what cyber bullying is...'** Cyberbullying or ebullying is bullying that takes place online or electronically through use of the internet, mobile phones or other technological devices. For example, sending mean and abusive text, email or instant messages; making silent phone calls; posting nasty photo or video clips or messages about others in blogs, chat rooms or websites; using someone else's username to spread rumours or lies; or accessing someone's account to make trouble for them. as defined by Bully4u.
- **'I feel safe when using social networking sites'** : There are dangerous risks involved in being a member of a social networking site but there are ways to protect yourself. Brainstorm with the group tips for a more safe online presence.
- **'Social networking sites are the best invention of the 21st century.'** We want to encourage students to reflect on all of the positive aspects of the internet and acknowledge the wonderful resource that it is, but also learn how to use it in a responsible manner and to protect themselves from harm.
- **'Cyber bullying should be a crime'** Senior facilitators of Irish Cyber Bullying Education (Bully4u) are calling for some sort of financial penalty being introduced with parents liable to pay for under 18 offenders. This would 'focus the mind' of people who are not taking the issue seriously. Discuss with group
- **'I am a responsible internet user'** Did you know that past incidents of cyber bullying include the use of photographs. Often bullying can be unintended or 'only messin'. This can still be very hurtful and considered cyber bullying.
- **'Due freedom of speech, I have the right to post whatever I want online'**
Begin to introduce the idea that with rights come responsibilities
- **'Anonymity online is a good thing'** - whilst anonymity gives people the chance to speak out and express themselves online it also can give people the freedom to be cruel online without any consequence

Note to teacher

Encourage debate by calling students to justify their opinion; they must explain why they are standing where they are. you can use the information provided in response to the arguments to give more fuel for debate. Students are welcome to move position as they hear other views

POSTER ACTIVITY

Use the posters to prompt discussion with the accompanying guiding questions

Purpose & Learning Outcomes

This activity is aimed to continue the discussions in smaller groups focusing more closely on issues such as anonymity, responsibility, identity etc

Methodology

Split the group into 5 smaller groups. Give each group a poster and ask them to respond to the guiding questions. Give the group 20 mins (or as much as you think they will need) to document their response. Come back into a whole group and each group presents their posters, questions and response. Give space for other people to add their opinions and enlarge the lists in the big group.

Preparation

Set a space for 5 groups to work . Each group needs a poster, questions written up on flip chart paper and markers.

RESPONSIBILITY



What message did the creators of this poster intend to convey?

Do people say stuff online that they wouldn't say in person? Why?

Are people bullying without realising it? How?

List ways we can be more responsible on line?

ANONYMITY



What message did the creators of this poster intend to convey?

Why would you set up an anonymous account?

What are the pros and cons of anonymity?

List ways to protect yourself online?

eg, save evidence, report, block, change passwords, change your security settings

IDENTITY



What message did the creators of this poster intend to convey?

List the do's and don't of online behaviour?

How is your online behaviour?

WHAT DO YOU LIKE?



What message did the creators of this poster intend to convey?

how would it make you feel to experience online bullying?

List the do's and don't of online behaviour?

BE HUMAN



What are the characteristics of a cyber - bully?

Is it ever acceptable to bully? Why not? What makes a good human?

List the ways in which we can encourage each other to be better human beings?

Note to teacher

Encourage the students to think about what messages they see in the posters.

What actions are required to change the negative to positive?

CREATE

We used our creativity as a form of action by creating our posters and developing this resource pack. Making posters helped us to deeply engage and reflect with the theme. The posters now gives us the opportunity to share our messages and encourage other young people to reflect. We would encourage you to do the same. Reflect and come up with messages you would like to share with the rest of the school to challenge the issue of cyber bullying amongst students and raise awareness in the role we all play in SHUTTING DOWN cyber bullying in schools.

PREPERATION

Before you go on to design your own posters it is good to spend some time to reflect on :
what is visually attractive?
what works to communicate a message?

To do this: spread out the 5 posters from the poster pack on the floor. Ask the students to walk around and have a look at them.

Ask them to stop beside the poster the like best visually. Document Why?

Now ask them to move on and stop beside the poster that is communicating the best message. Document their feedback. These are the things they must now consider in their designs....

ie.use of colour, clever slogans, important message et. Reflect on how to cleverly communicate a message visually.

Split into groups of 4 and start brainstorming ideas.

MATERIALS REQUIRED

- PAINT: Acrylic paint is better then poster paint
- SPONGES
- SMALL ROLLERS & PAINT TRAYS
- SPRAY PAINT (optional)
- GLOVES & MASKS (If using spray paint)
- LOTS OF MASKING TAPE
- AN OUTDOOR AREA TO SPRAY IN
- NEWSPAPER
- PVA GLUE
- PAINT BRUSHES
- PRINTER
- DIGITAL CAMERA
- COMPUTER WITH INTERNET
- CUTTING MATTS AND KNIVES
- MARKERS & PAPER FOR BRAINSTORMING
- BOARDS FOR WORKING ON (the corri- board that the politicians use to campaign for election are perfect if you know a local politician that might donate you some)

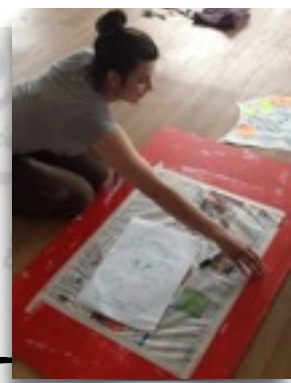
Often brainstorming bullying will result in negative images and text. Encourage the students to think about how the can turn the negative positive so that the finished results are uplifting and not depressing



STEP ONE: BRAINSTORMING

Each group must decide on :

- * what message they would like to express
- * a back ground design
- * an image
- * text



STEP TWO: BACKGROUND

Experiment with paint, masking tape to make designs and stencil effects on your boards. We played around with black, white and red. You can do the same or choose your own palette of colour. It is important to consider the composition of how the colour will work. Remember to make the background light and not too strong, The strongest features are your image and text, they need to jump off the board. The background needs to be the base for the rest of the poster.

You can use newspaper to block out the centre of your board if you only want the background around the border, like in the image to the left.



STEP THREE: IMAGES

Some images we downloaded from the internet and cut out a stencil.

For others we posed ourselves and took a photo.

When you have chosen your image, you can blow it up poster size using

<http://rasterbator.net/>

Then cut out the part of the image you want to use.

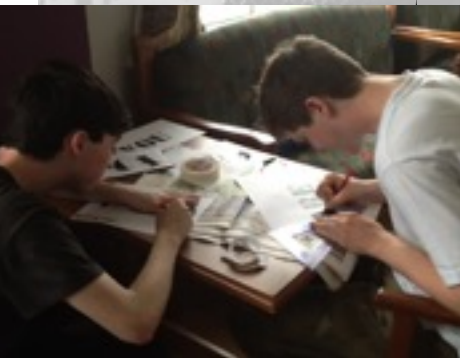


STEP FOUR: TEXT

We made a stencil of the text that we wanted to go on the poster. We typed it using STENCIL font, printed it and cut it out with our cutting knives.

There are lots of good youtube clips that demonstrate the technique of stencilling.

This is just the preparation phase of your text, leave the painting of it on until the very end. The final slogan must be what stands out best and boldest so keep the background light and simple.



STEP FIVE:

At this stage you are ready to paste your image :)

Use plenty of glue. Take your time to avoid bubbles and crinkling of the paper.

The final step will be to stencil on your text. Work in pairs to spray your stencils. Tape the stencil lightly to your board using masking tape. Protect the rest of your board from paint spraying on it by covering it with newspaper. Again here you can experiment. You can move your stencil around to make a shadow effect. Again practice first and look up some you tube clips for techniques and inspiration.

We encourage minimum use of spray paint for environmental, cost and safety reasons. Stencilling can also be done using sponge and acrylic paint.

EXHIBIT

When your boards are complete, exhibit them and invite the rest of the school.

This is a good way to showcase your creativity and achievements and most importantly: the awareness you want to raise about cyber bullying.

Encourage the students at the exhibition to reflect on the posters the same way you did with the posters included in this pack. Maybe, you could design a survey or facilitate a walking debate.

Perhaps this is a good time for the school principal to announce the schools updated 'Anti Cyber Bullying policy' and to sign and display the 'Anti - bullying charter.'

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Charter 2014

We are committed to tackling Cyber Bullying in our school and to taking the following actions to help combat cyber bullying:

- 1) We will educate young people and parents in the dangers of online interaction and how to deal with threatening or offensive behaviour online.
- 2) We will adopt policies specifically targeted at Cyber Bullying as a part of our anti-bullying policy.
- 3) We will facilitate all Staff in correctly and appropriately dealing with any case of cyber bullying that arises.
- 4) We will form a committee of students with Staff representation to complete the following tasks in the 2014-2015 school year:
 - a. Education around Online Interaction for all students and parents
 - b. Policies targeted at cyber bullying
 - c. Reporting procedures within the school

Signed _____
Position _____
School _____

USEFUL LINKS

SpunOut.ie is a not-for-profit website created by young people for young people. Our service promotes general wellbeing and healthy living in order to prevent and positively intervene in harmful behaviour where it occurs amongst our peer group.

<http://www.spunout.ie>

Webwise is the Irish Internet Safety Awareness Centre. It provides teaching resources and advice on internet safety topics, including cyberbullying and privacy.

<http://webwise.ie>

Bully 4u is a national not for profit organisation with an excellent reputation in the provision of anti bullying services for primary and secondary schools in Ireland.

<http://www.bully4u.ie>

Watch Your Space is an awareness raising initiative, targeting teenagers, from Webwise. It is devoted to promoting safe, effective use of the internet among young people through awareness raising resources and campaigns.

www.watchyourspace.ie



Designed & Developed by
Wexford Comhairle na nOg
members 2014/15

Soraya James
Tara Dixon
MacDarra Roche
Gavin Mooney
Kate English
Mark Moloney

Ryan O'Donnell
Maurice Crean
Lucy Daverne
Fiachra Ó Laigheanáin
Craig Donnelly
Kirsten Patterson

SHIBARI.

VIRGAI



**IS THAT
YOU?**

AG

CHEN

ASKEM

LEAVE BULLYING

TO



BE HUMAN



NERD

Fool

Weird

useless

LOSER

Silly

STUPID

AT

Google

DICK

F

Y

idiot

fat

ugly

seless

Headcase

NERD

Fool

Headcase

Eggit

LOSER

fool

Headcase

was

THINK

B4 U

TYPE



**WHO ARE YOU
ON LINE?**



Why Do
you
Other
Peoples
Miser

LIKE

