

Grade 7 Literacy
Week of November 30 – December 4

Lesson 1: Cyberbullying

How others treat us and speak to us shapes our self-image. Youth today have different struggles to overcome, one of which is cyberbullying. Cyberbullying occurs when someone uses his or her cell phone, instant messaging, e-mail, chat rooms, or social networking sites such as Facebook and Twitter to harass, threaten, or intimidate someone. If we allow our minds to believe the things being said to us, we can easily get wrapped up into holding a negative self-image of ourselves. Watch the following videos on how to stop cyberbullying.



Cyberbullies Are No Fun:

<https://planetnutshell.com/portfolio/cyber-bullies-are-no-fun-grades-4-6/>



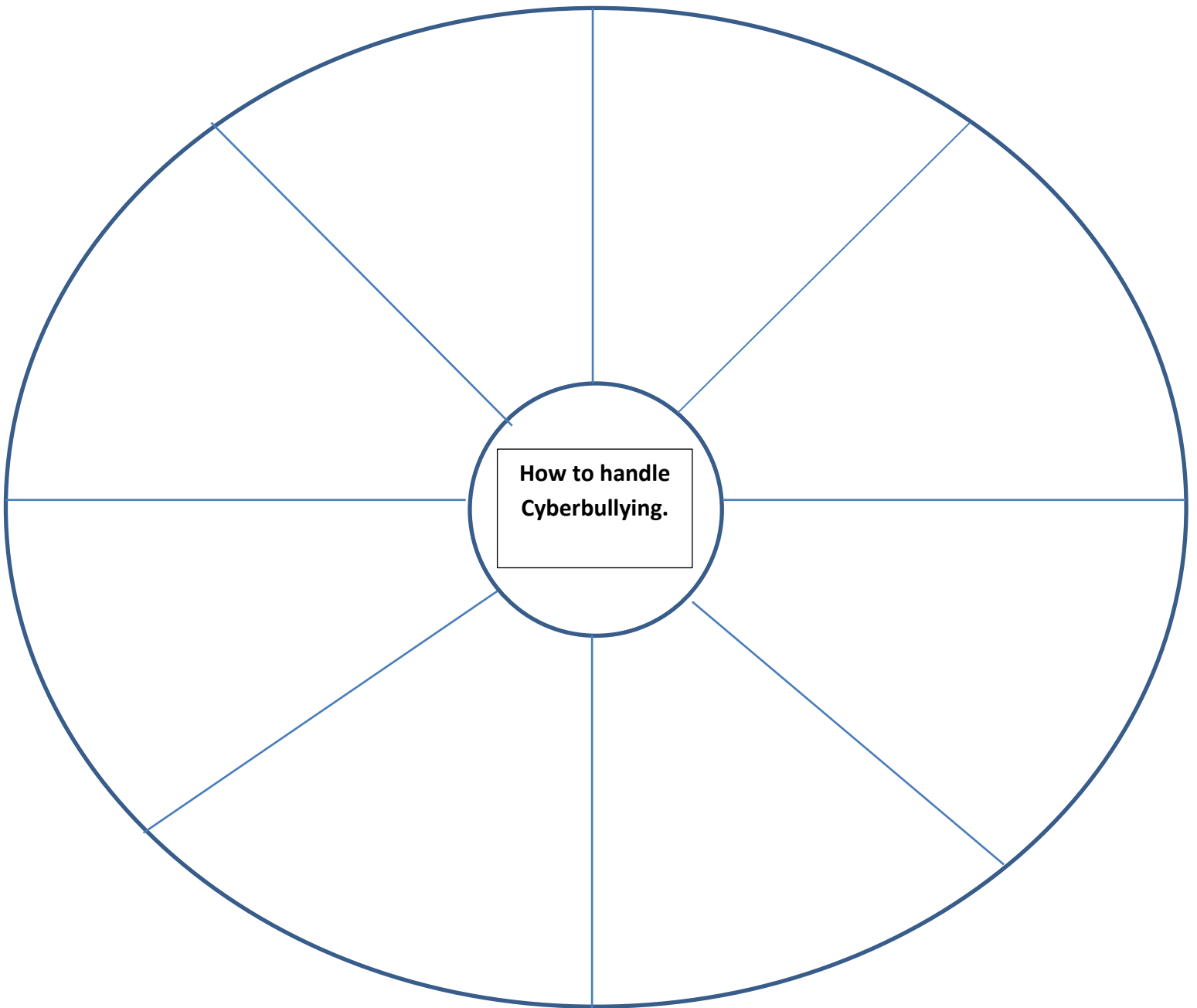
How to Stop Cyber-bullying

<https://planetnutshell.com/portfolio/how-to-stop-cyber-bullying-grades-7-12/>

3.4 How to Stop Cyberbullying

Literary Elements

A. Fill-in the chart by identifying the main ideas and ways of dealing with cyber bullying as discussed during the video:



Return to your online lesson book.

How to be an Active Witness

Did you know that 39% of Canadian youth have either experienced or witnessed cyberbullying?

What do you do if you witness cyberbullying? Research shows that witnesses to bullying can be just as damaging as the perpetrator. This is especially important with cyberbullying as there are countless "invisible" witnesses online.

Here is a list of things you can do that kids who have been targets of bullying say usually make things better:

- spend time with the victim
- talk to the victim and encourage him or her
- help him or her get out of the situation (watching and laughing is just as bad as being the bully)
- give advice
- distract the bully
- help tell a trusted adult
- tell an adult you trust

Now consider and answer the following questions:

1. Do you know anyone who has been bullied online? Have you ever been bullied online? What effects can cyberbullying have on the victim?

2. How is cyberbullying different from other forms of bullying? Why do you think some people bully others online?

3. What is the best way to take away a bully's power over you? What is the worst way to react to cyberbullying?

4. How does it make you feel when you see someone else being bullied? Does bullying behavior make the bully more or less popular?