

Activity 1: Sharing Content Online



Objective: Encourage students to reflect on who they share their personal information with in their online and offline worlds. By the end of the activity they should:



Understand that they should share information in the same way in both their online and offline worlds.



Monitor what information they share online and who they share it with.



Understand the tools that are in place on Facebook to allow them to stay safe online.



Resources: For this activity you will need a print out of the activity sheet on A4 paper (below), one each per student. This activity will need to be printed out in colour.

- 1) In the central small blue circle ask students to draw a stick figure version of themselves and something that represents them eg, a hobby.
- 2) Fold the paper in half down the dotted line and hide the left hand side of the paper under the right. This is to stop them writing on it for now. The left hand side of the sheet represents their online world and the right represents their offline world. Make sure that the globe icon is facing upwards.
- 3) In the second yellow circle ask them to write the name of anyone who they would trust to tell **all** of their personal information to eg, family, best friends, pet etc.
- 4) In the third green circle ask them to write the name of anyone who they would tell **some** but not all of their personal information to eg, school friends, a teacher, a neighbour.
- 5) In the fourth and red circle ask them to write the name of anyone who they would **never** tell any personal information to eg, someone they don't know/trust, a stranger etc.
- 6) Once they have completed this, unfold the left hand side of the paper and ask them to repeat the above steps for who they would share their personal information with online.
- 7) Once this is done ask them to draw a dot next to any person who they haven't met in real life or don't know very well.



You would hope that the only place you see the dots is in the red circle (unknown people), but the likelihood is that a number of students will put them in the other circles too, especially in the online world side.

- 8) Have a discussion with the students about any differences they see between the location and number of dots on the left hand side of the paper (online), compared to the right (offline). Ask them about why there may be a difference. If they highlight that the online and offline world are seen as different ask them why.



Aim of discussion: To enable students to see that their online and offline worlds are the same and to highlight the importance of interacting with and sharing information with people online, as they would offline.

You could also have a discussion with students to think about what personal information they share indirectly with people on social media sites eg, tagging their location on Facebook, tagging themselves at home, having the lowest privacy settings so anyone can view their information.

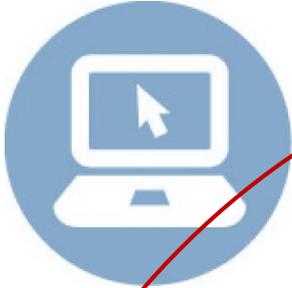


Aim of discussion: To help students understand that they can share information indirectly with people they don't know on social media so should think before sharing information online.

By the end of activity you should have discussed and communicated the following key messages:

-  You should only share personal information with people you know and trust both online and offline to stay safe.
-  You should think about what you post online and who can indirectly see it.
-  You should adjust your privacy settings on social media sites to ensure that only people you know and trust can view your information.
-  You should only become friends with people online that you know and trust.

Activity sheet for Sharing Content Online



4. People you talk to but wouldn't tell any of your personal information to

3. People you would tell some, but not all your personal information to

2. People who you would tell anything to

1. YOU

Activity 2: Be an Upstander Not a Bystander to Cyberbullying



Objective: Encourage students to be upstanders not bystanders when they see online bullying happening on Facebook. By the end of the activity they should:

-  Understand the tools that they can use on Facebook if they are being bullied or see someone else being bullied.
-  Reflect on how bullying makes young people feel.
-  Have helped to increase your awareness as a teacher of the issues that happen amongst students online.



Before you do this activity show your students the short video named 'Full Video: The Youth Board's Top Tips for Staying Safe Online' on this page:

<http://www.antibullyingpro.com/blog/2015/stay-safe-on-facebook>. The video is 2.15 minutes long and includes top tips on staying safe on Facebook, including the use of their safety features.

1. The scenarios below are common situations that young people find themselves in online. Start the activity by reading Scenario 1 out to your students.

Scenario 1: Jake and Sahid have been mates since Primary School. Recently Sahid has become friends with a boy called Daniel who has just joined the school. Sahid and Daniel have been hanging out a lot together after school without Jake. Every night in the last two weeks Sahid and Daniel have been uploading picture memes of Jake pulling funny faces at school. At first Jake found it funny but now other kids in his class who Jake isn't friends with on Facebook have started sharing the pictures, commenting on Jake's pictures and posting nasty comments on his wall. What should Jake do?



Meme – A meme is a picture on which someone has added a sentence or phrase over the top of it.

1. In groups ask your students to come up with a solution to the scenario based on the video they have watched.
2. Get each group to feed back their solution.

3. Make sure that each of the following solutions are discussed in the feedback session:

- ✔ Talk to Sahid and Daniel about how the photos are making Jake feel.
- ✔ Use Facebook's Social Reporting tool to ask Daniel and Sahid to take the pictures down.
- ✔ If they refuse to take the picture down use the Social Reporting Tool to report the pictures by email to a trusted adult, even if that adult isn't on Facebook.
- ✔ Block the people leaving the nasty comments using Facebook's Block Tool.
- ✔ Jake's Privacy Settings are on the lowest settings which means anyone can view and post on his profile. He should increase his Privacy Settings so only his friends can view his profile.
- ✔ Go through his friends list and unfriend anyone he isn't friends with.
- ✔ Tell someone he trusts about how these posts are making him feel.

Scenario 2: You are a student in Year 10. Every lunch time you keep seeing a girl in Year 8 sitting on her own looking upset. That evening on Facebook you notice that some girls have set up a hate page about the girl in Year 8 which includes nasty comments and pictures. You notice that the girl has written on the page telling them she doesn't care what they think which has then caused people to continue to make fun of her. What can you do?

- ✔ The important thing in this situation is to be an upstander, not a bystander to bullying. Facebook have a lot of tools which let you report bullying anonymously.
- ✔ Use Facebook's Social Reporting tool to report the bullying to a teacher at school.
- ✔ Report the hate page and if you know the person who set up the page directly report their account to Facebook.
- ✔ Take a screen shot of the hate page to show a teacher at school next day.
- ✔ If you have the girl as a friend on Facebook message her to reassure that everything will be ok and you will help her get through it and encourage her to tell someone.
- ✔ As a staff member you may also want to check if the girl being bullied is actually old enough to be on Facebook.

General Online Safety Tips



1. Block the person bullying you

There is always a way to stop the bully from contacting you on social networks, mobile phones, instant messaging and even games consoles. Check out the privacy or safety settings of the service you are using to find out how, or even try searching 'block' or 'abuse' in the help section. You can also ring up your service provider or network provider who can help you block the abuse.



2. Strong passwords

Make sure for any account you have, you have a strong password that you don't share with anyone. The best passwords contain numbers and capital letters. This will mean people can't access your account and steal any information, pictures or personal data or pretend to be you. Change your password regularly and don't have the same one for every account.



3. Keep the evidence

Make sure you save or copy any cyber bullying such as texts or conversations you receive so the necessary people can investigate the bullying. A good way to do this is to press the 'PrtScrn' button on the right hand side of the keyboard which prints the screen and you then copy and paste this into a word document or try using Window's 'Snipping Tool'.



4. Choose your online friends carefully

Remember when you accept someone as your friend on instant messaging or social networks, they can access information and pictures you have posted so make sure you are happy for them to see this and you trust them.



5. Tell someone you trust

Cyber bullying can make you feel very alone and humiliated. It is really important that you tell someone you trust if you are being cyber bullied so they can support and help you.



6. Report it

Any cyber bullying you suffer should be reported. Whether it is nasty comments, a text message, online chats or group bullying, it is still bullying and is not ok. Make sure you report it to an adult you trust. It is important you feel supported and someone else knows what is happening. If you have blocked the person but it is still continuing, all social networks such as Facebook, Twitter, MySpace, Bebo, ask.fm etc have report abuse

buttons, as do most mobile phone networks who have teams to deal with abuse. Games consoles also have advice on their websites.



7. Don't reply or answer back

Don't become a cyber bully yourself, deal with the bully by blocking and reporting the abuse. It is sometimes hard not to write back, but it is always best to ignore, block and monitor the situation. Sometimes the people bullying you are looking to get a reaction out of you.



8. What do you want people to know about you?

Check out the privacy settings which will allow you to choose the information you share with people. For example you can set your profile or data to private, or only allow certain people to contact you and view particular information. Don't ever share where you live, your telephone number or email address with cyber-friends.



9. Google your name

Even if we don't admit it, we've all Googled our name at some point to see what comes up! Typing your social media usernames into Google is a really good way to check your privacy settings and check that strangers online can't view any of your personal information.



10. Stay positive

If you're being cyberbullied stay positive, things will get better. Do activities which make you feel happy with people who love and appreciate you.