

## Lesson Plan

<p style="text-align: center;"><b>Learning objective</b></p> <ul style="list-style-type: none"> <li>• Identify bullying (including cyber-bullying)</li> <li>• Understand the impact of bullying</li> </ul>	<p style="text-align: center;"><b>Resources required</b></p> <ul style="list-style-type: none"> <li>• PowerPoint</li> <li>• Phone screen print-outs</li> <li>• Worry box</li> <li>• Exit tickets: iPad screen print-outs</li> </ul>	
<p style="text-align: center;"><b>Learning outcomes</b></p> <ul style="list-style-type: none"> <li>• To be able to explain what bullying is</li> <li>• To explain the difference between bullying and cyber-bullying</li> <li>• To explain how bullying can make people feel and the impact it has on their mental well-being (short and long-term)</li> <li>• To understand that bullying should not be tolerated and that people should ask for help if the need it</li> </ul>	<p style="text-align: center;"><b>Duration</b></p> <p style="text-align: center;">50 minutes – 1 hour</p>	
<p><b>Key vocabulary</b></p> <p>Bullying, cyber-bullying, online, digital, well-being, evidence, DSL (designated safeguarding lead), blackmail, emotions</p>		
<b>Focus</b>	<b>Description</b>	<b>Timing</b>
Identify cyber bullying	Teacher to model receiving texts first on a phone, then on an iPad. Use body language to show the impact of the messages. Messages to be shown on the screen behind in the PowerPoint.	3 mins
Share lesson objectives	Ask children what they think the lesson might be about given what they have just seen. Talk through the objectives for the lesson.	2 mins
Define bullying and differentiate between face-to-face and cyber-bullying	Give children print outs of blank mobile phones. Ask them to write down what they think bullying is at the top and then what they think cyber-bullying is at the bottom. After a few minutes of personal reflection, ask them to share their ideas with their talk partner. Feed back to the rest of the class and create a definition together. Q: what technology might you experience cyber-bullying on? Include games.	15 mins
Decide what is classed as bullying	Sort the statements into three piles with their talk partner: 1. Not an example of bullying 2. Could be an example of bullying 3. Definitely an example of bullying Discuss their ideas with other pairs on the table then feed back to the class.	10 mins
Examine difficult questions surrounding bullying	Carousel activity: each table to take a question and add their thoughts around the question on large sheets of paper. Move around each table until each group has considered each one. Is cyber-bullying always on purpose? When does a joke become bullying? Why do people bully others? Why is cyber-bullying so upsetting? Are people who stand by and watch just as bad as the bully? Children to tick the comments they agree with as they get to each table, then add their own. Move the chairs to sit around the room in large circle. Collect the sheets and share the thoughts. Pay particular attention to the impact on well-being and the long-term consequences it can have.	15 mins
What should you do if you feel you are being bullied or if you have witnessed someone else being bullied?	Relate discussions back to current situation having spent a significant amount of time at home with technology. Has anything happened in the past few weeks you need to talk about? Discuss ways to do this – write a note in the worry box, talk to the teacher or TA, approach a DSL (remind them about the posters), or speak to an adult at home. Discuss the importance of keeping screen shots and not deleting upsetting things.	5 mins
<p><b>Plenary/Assessment of learning</b></p> <p>Recap the definition of bullying and the agreed differences between face-to-face bullying and cyber-bullying and the importance of speaking out if you have been a victim of any kind of bullying, or witnessed it. Assessment: complete exit tickets (cut outs of blank iPads) where the children write whether they have changed their opinion on bullying or thought about anything different since the start of the lesson.</p>		5 mins