



CYBERBULLYING – TEACHER’S GUIDE

Learning Objectives

- Students will understand the meaning of cyberbully.
- Students will learn to recognize different forms of cyberbullying.
- Students will learn different strategies for dealing with a cyberbully.
- Students will learn the importance of enlisting the help of a trusted adult when cyberbullied.

Estimated Viewing Time: Completing the entire episode will take 20 minutes. A breakdown of time by segment follows:

- WATCH: 9 minutes
- TRY: 4-6 minutes
- APPLY: 4-6 minutes

Synopsis of the Watch Segment

While Garfield eats hot dog after hot dog, Nermal looks at the “Animal Idol” website. He is up for “Idol of the Year.” Garfield isn’t impressed until he finds out that if Nermal wins, he’ll get a pizza party with 50 pizzas! Arlene compliments Nermal on his dance moves, and he reads some of the flattering comments that have been made about him.

Willard, the mean dog next door, listens over a fence and tells his friend Lorenzo that Nermal will not win the contest. Willard plans to post some mean comments anonymously on the “Animal Idol” home page, telling Nermal he is a real loser. He also plans to pretend to be one of the judges and send an email to Nermal telling him to quit because he won’t ever win.

Nermal is excited to see new comments posted, until he reads the mean words. While Arlene wonders who is posting the comments, Garfield notices a new posting that says the judges are stupid if they don’t vote for Nermal—and it’s signed “Nermal.” Nermal protests that he didn’t post it and that someone is posing as him. Nermal’s popularity zooms downward just as he gets an email from a self-described judge saying he should quit. Garfield says it might not be a real judge but just someone pretending to be a judge. Arlene appeals to Garfield to “do something,” but he says he doesn’t know how to do anything online other than ordering pizza.

Meanwhile, Willard and Lorenzo gloat that the plan to humiliate Nermal is working. Garfield says he needs to go get something to eat, which exasperates Arlene. Unbeknownst to his friends, Garfield sneaks off to turn into Professor G, the “zany brainy cat with an insatiable appetite for learning.” He puts on Einstein’s special glasses and crawls through a magic portal into Professor G’s Lab.

There, Professor G contacts Nermal through the Professor G hotline and hears all about Nermal’s experience. He says it sounds like a case of *cyberbullying*. Dr. Nova explains that a cyberbully is someone who picks on you, harasses you, or embarrasses you over and over on the Internet or sometimes using a cell phone.

Dr. Nova advises Nermal how to handle the situation and explains the different types of cyberbullying and the different reasons why people are bullies. With encouragement from Professor G and Dr. Nova, Nermal asks for help and is introduced to Officer Bob, the Copbot. Officer Bob takes a report, and Professor G gets the Animal Idol webmaster to trace back the anonymous poster. Based on this investigation, Willard gets blocked from posting on the website, and Odie saves the day when his slobber blows up Willard’s computer. All ends well when Nermal wins the contest and Garfield returns just in time to exclaim he can’t wait for the pizza party.



Build Background

Begin by asking questions to gauge familiarity with the topic.

- *Who has heard of the word “cyberbully”?*
- *Can anyone tell me what it means?*
- *What makes it different from other bullying?*

SAY: *The word “cyberbully” means someone who picks on you, harasses, embarrasses, or threatens you over and over again using technology, such as the Internet or a cell phone.*

Share with the class that they will learn about cyberbullying. Begin by reviewing any key terms associated with this topic that may be unfamiliar to your students.

Introduce Vocabulary

Write the key words and discuss the definition of each one. Pause after each definition to answer questions and provide examples. Use each key word in a sample sentence to show students how each is used in context.

anonymous	someone who does not reveal their name
comments or postings	messages people write on a website message board
message board	a website where a group can gather and communicate through chat or message posting
email	messages you get through the Internet
cyberbully	someone who picks on, harasses, or embarrasses a target over and over again using technology, such as the Internet or cell phones
insulting	rude or hurtful
harass	to bother repeatedly
password	a special word that you use to get into your own network and Web accounts
insecure	lack of confidence
screen name or user name	the name that someone uses online
webmaster	a person who is in charge of a website

Guide the Viewing of Lesson on Cyberbullying

- Have students complete the lesson on cyberbullying. As they do, circulate the classroom observing students and supporting any who need help with navigation or comprehension.
- After students complete the interactive lesson, have them gather in a circle or other seating arrangement conducive to informal class discussion.

Monitor Comprehension

SAY:

- *Now that we know what the word “cyberbully” means, what are some of the different technology tools that a cyberbully might use? (e.g., instant messaging, website message boards, emails, cell phones, text messaging, social networking sites/profile pages)*
- *What did the characters in the story do when they realized that Nermal was the target of a cyberbully? (They decided to ask Dr. Nova and Professor G, both trusted adults, for help. Then they gave a report to Officer Bob to take action.)*



- *What makes someone a trusted adult?* (someone in a position to address the issue by taking action—not just someone who will listen sympathetically)
- *Why is telling an adult so important when cyberbullying occurs?* (You do not know how serious the cyberbully is and you need someone looking out for you. In many cases the law requires that you report such behavior.)
- *What would be a smart thing to do if you get a message through your email or cell phone that makes you uncomfortable or scared?* (Immediately tell a trusted adult, such as a parent or teacher.)

Consolidate Learning

SAY: *Now that we know a cyberbully is a word that means someone who picks on you, harasses, embarrasses, or threatens you over and over again using technology, such as the Internet or a cell phone, let's think about the different ways kids can be cyberbullied and what we would do about it.*

1. Brainstorm/solicit scenarios from the students of possible ways children are cyberbullied online (based on real life but without using names or specifics, of course).
2. Group the examples by the categories of gossip, impersonation or threats, exclusion, or "other."
3. Determine the best strategy for what to do in every situation. This could be done as a small group or large group activity.
4. Ask students to make a personal plan for what to do in these situations including a list of four trusted adults they could go to in such situations.

Note: Each of these steps could be a 10-minute activity.

SAY: *Luckily Nermal didn't let what the cyberbully said get him down, but any type of bullying can really hurt us and affect how we see ourselves. It is important to have a few strategies for letting go of those negative feelings and finding a way to act without reacting. What are some ways we can cope with these negative feelings?*

You could suggest journaling as one way to let go of the negative feelings, enlisting friends to help us think of positive things about ourselves, visualizations that help us picture ourselves acting confident in a situation that now feels unsafe, etc.

Evaluate

Administer the Cyberbullying Quiz to assess whether students met the learning objectives for the lesson. After evaluating the results of the assessment, you may wish to go over any learning objectives that students did not grasp.

Quiz Answer Key

1. true
2. false
3. true
4. true
5. a
6. b
7. b
8. c
9. d
10. d



CYBERBULLYING – QUIZ

NAME _____

DATE _____

True or False

Read each sentence carefully. Mark a T for true or an F for false next to each statement in the space provided.

- _____ 1. You should always tell an adult in a position of authority if you are being cyberbullied, even if it is the first time it has happened to you.
- _____ 2. You can say anything you want online because no one knows who you really are.
- _____ 3. Cyberbullies sometimes bully because they are insecure or may have been bullied themselves.
- _____ 4. Responding to a bully by sending a mean email can make the situation go from bad to worse and could cause it to become dangerous.

Multiple Choice

Read each question carefully and circle the correct answer.

5. Miles got an email that Suzy was saying some mean things about him after school. The email was from a screen name he did not recognize and it hurt his feelings. What type of cyberbullying is happening to Miles?
- Gossip
 - Impersonation
 - Exclusion
 - Threats
 - None of the above
6. What should Miles do about the mean email?
- Send an email back demanding the person meet him after school, face to face
 - Tell a trusted adult and block the user together
 - Not invite Suzy to his birthday party
 - Send a mean email to Suzy
 - None of the above
7. Marta finished checking her email at school. She forgot to log off the email system when she left the lab which left her email open and ready for the next person on the computer to use. The next person on the computer sent out some mean emails to Marta's friends from her email address. What type of cyberbullying is happening to Marta?
- Gossip
 - Impersonation
 - Exclusion
 - Threats
 - None of the above



NAME _____

DATE _____

8. What should Marta do about the emails?
- a. Delete her email address
 - b. Never use the computer lab at school
 - c. Tell a trusted adult, send emails to her friends explaining what happened, and change her password
 - d. Try to find out who it is by posting that she wants to get back at this person on her school's chat board
 - e. None of the above
9. Manuel got a text from Gilbert saying that if he tries to join the swim team, he will tell everyone that Manuel still sleeps with his baby blanket. What type of cyberbullying is happening to Manuel?
- a. Gossip
 - b. Impersonation
 - c. Exclusion
 - d. Threat
 - e. None of the above
10. What should Manuel do?
- a. Just not go out for the swim team
 - b. Text Gilbert back and tell him that he is being a jerk
 - c. Send a text around to all the swim team members saying Gilbert still sleeps with his baby blanket
 - d. Tell the coach or another trusted adult
 - e. None of the above