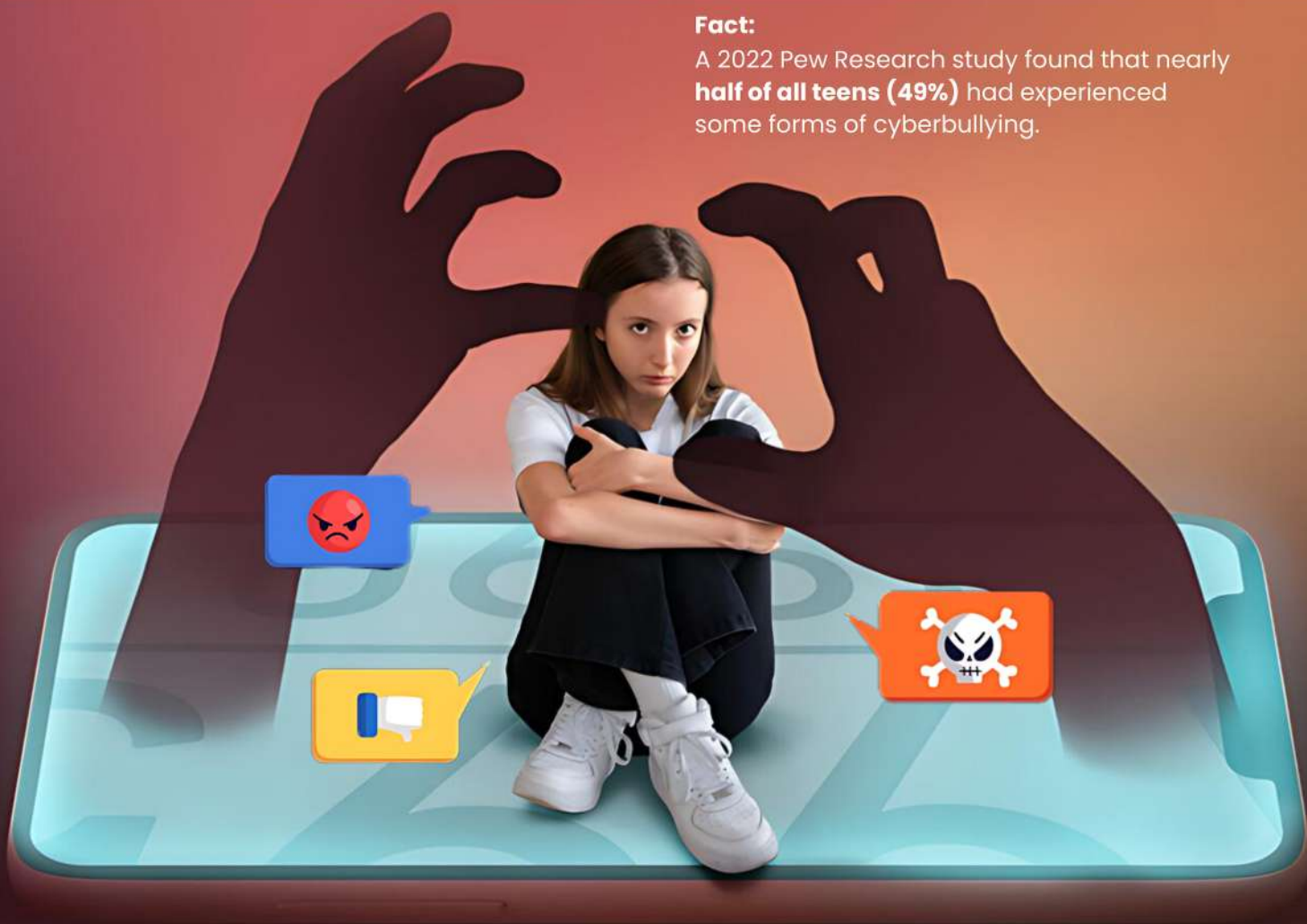


Virtual is Real

Is cyberbullying a major threat in your virtual world?

Fact:

A 2022 Pew Research study found that nearly **half of all teens (49%)** had experienced some forms of cyberbullying.



Lesson Goals

Problems

- ◆ understand the concept of cyberbullying and recognize cyberbullying forms in various situations.
- ◆ identify signs of cyberbullying, whether it is happening to themselves or to others.
- ◆ acknowledge strategies to prevent and protect oneself or others from cyberbullying.

Language Competence

- ◆ acquire new vocabulary related to the topic.
- ◆ apply critical thinking and practice providing advice to hypothetical scenarios involving cyberbullying through role-play with an AI chatbot.
- ◆ develop empathy towards victims of cyberbullying and cultivate kindness in the digital world.

1 ENGAGE

A Quiz: How do you react?

1. Read the situations described below. How would you react to each situation?



Situation 1: In your school Facebook group, someone posts an embarrassing video of a schoolmate. How would you react?

- ☐ Send 😂 emoji.
- ☐ Share the post to your friends.
- ☐ Report the post.

Situation 2: Your bestie has just heard some secrets about someone, and she is eager to share it with others online. How would you react?

- ☐ Agree and join with your bestie.
- ☐ Express strong disapproval of your bestie's intention.
- ☐ Suggest that she creates a group chat with some of her other close friends instead of posting it widely.



Situation 3: You send a message to your friend using a not-so-nice word, intending it as a joke, but your friend becomes upset. How would you react?

- ☐ Claim that he is just overreacting.
- ☐ Think that your friend doesn't have a sense of humor.
- ☐ Put yourself in his shoes and rethink your actions.

Situation 4: A group of students creates a poll in the group chat to vote on kicking someone out. How would you react?

Situation 5: In an online presentation, a classmate's name is mentioned to showcase negative behavior and support the group's argument. How would you react?



2. Explain your reaction to the class.

B Let's discuss!



In class, look at the photo and read the fact on page 1 and discuss the questions below.

1. What you have known about "cyberbullying"?
2. Do you think cyberbullying is a major or minor problem?

2 EXPLORE

A What is Cyberbullying?

Read the definitions belows and write your own definition for "cyberbullying". Explain your definition to your class and give some examples.

cyber (*adjective*)

involving, using, or relating to computers, especially the internet

+

bullying (*noun*)

the use of strength or power to frighten or hurt weaker people

cyberbullying (*noun*)

B Forms of Cyberbullying

1. Which action is a form of cyberbullying. Tick the boxes.



Sending mean or critical texts or emails. ☐

Sharing your own opinions or beliefs with others who may have different viewpoints. ☐



Posting or sharing someone's private photos. ☐

Spreading untrue, or embarrassing information or rumors about someone else. ☐

Sharing humorous images, videos, or memes with others. ☐



Making light-hearted jokes with your friends online. ☐

Isolating or excluding someone from an online group. ☐

Creating fake accounts online to damage someone's reputation. ☐

Sharing genuine concern for someone's well-being or actions. ☐



Sharing someone's stories as an example of the topic you are discussing without using their personal information. ☐

**2. Discuss your answers with your partners.**

1. What factors helped you determine if these statements were cyberbullying or not?
2. Can you think of any other examples of cyberbullying that aren't on this list?

C Read the passage below about **Cyberbullying**. Match the headings with the paragraphs. Write the correct number i-v in the box on page 5.

List of Headings

- i. Reporting and seeking support to stand against the threats
- ii. Defining the digital threat
- iii. A bystander is necessary in cyberbullying situations.
- iv. Spotting signs and supporting victims facing threats of violence
- v. Long-term effects of digital harassment

Paragraph A

Cyberbullying, also known as online bullying, refers to bullying that happens on digital devices like cell phones, computers, and tablets. It occurs through SMS, text, apps, social media, forums, or gaming platforms, where negative or harmful content is sent, posted, or shared about someone else. This can involve sharing personal information and causing embarrassment or humiliation. In some cases, cyberbullying may even involve unlawful or criminal behaviors.

Paragraph B

In today's technology-driven world, victims of cyberbullying find relief from **abuse** difficult because digital information is often permanent and publicly accessible. The impacts of a negative online **reputation** caused by cyberbullying can influence college admissions and employment opportunities for both victims and bullies. Since cyberbullying frequently occurs unseen online, it can be challenging for others such as parents and teachers to recognize.



DON'T BE A BYSTANDER

Paragraph C

Feeling **isolated** can supercharge the negativity of cyberbullying for the victims. But as friends, you're not powerless! Even it can be challenging to recognize if someone is being cyberbullied, but there is always a solution. First things first, be their teammate. Watch out for changes in your friends: more or less texting, hiding their phones or computers, suddenly shutting down social media accounts, or avoiding social situations they used to love. Don't hesitate to ask your friends what's going on - open communication is crucial. Listen to them without any **judgment** because feeling heard is a huge help. Secondly, gather evidence together. Screenshots of mean messages or posts are like catching the cyberbully **red-handed**. Having proof makes reporting the abuse way easier. Next, speak up! Encourage your friend to report the bullying to the platform it happened on, whether it's the school or a social media app. If there are **threats** of violence or something super serious, get a grown-up involved and report it to the police. But fighting back doesn't always mean being **confrontational**.



Sometimes, positivity can be a powerful weapon. Consider posting positive comments about your friend online to **drown out** the negativity. And most importantly, let them know you **genuinely** care. Show them you're there for them, every step of the way. Remember, by supporting your friend, you're not just helping them overcome this situation, you're sending a message to the bully that their negativity won't win.

Paragraph D

Keep in mind, cyberbullying isn't just hurtful words - it can be a threat of violence and even a crime. If you've tried ignoring the bully, avoiding them online, and reporting the abuse, but it still continues, don't be afraid to tell a trusted adult. They can help you report the cyberbullying to the appropriate platform and, if necessary, to law enforcement. **YOU ARE NOT ALONE IN THIS FIGHT!**

Paragraph A _____

Paragraph B _____

Paragraph C _____

Paragraph D _____

3 EXPLAIN

A Read the passage again and write the words in bold next to the definitions below.

1

_____ (n) a person or thing that is likely to cause trouble, danger, etc.

2

_____ (adv) in a sincere and honest way that can be trusted

3

_____ (n) the opinion that people have about what somebody or something is like, based on what has happened in the past

4

_____ (a) tending to deal with people in an aggressive way that is likely to cause arguments, rather than discussing things with them

5 _____
(*n*) unfair, cruel or violent treatment of somebody

6 _____
(*phr.n*) the activity of making certain that the laws of an area are obeyed

7 _____
(*phr.n*) To cover, or overwhelm by being louder or more intense than.

8 _____
(*a*) without much contact with other people or other countries

9 _____
(*a*) having been discovered in or just after the act of doing something wrong or illegal.

10 _____
(*n*) the ability to make sensible decisions after carefully considering the best thing to do

B In groups, make the sentences with the words above. Write the sentences in the space below.

Words

Sentences

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4 ELABORATE

A Role-play with AI Chatbot

Group work: You are anti-cyberbullying experts. You will chat with a special AI chatbot who is a victim of cyberbullying. Try to offer advice, support, and solutions to help the victim overcome the situation.



1. Use a device (laptop, computer, phone, etc.) and access to the chatbot.
2. Conduct a chat with the AI chatbot. Use the sentence structures for giving advice and suggestions below.
3. Note down the details of the case.

Your document detailing the case should include the following information:

What situation is the victim experiencing? How is he/she feeling?

What methods has the victim tried to prevent being cyberbullied?

Have these methods been effective? Why or why not?

What is the first action you recommend for the victim? Why?

Did he/she agree to do your suggestion? Did he/she think it would work?

What do you believe will lead your plan to success and what could make it fail?

How did you offer encouragement or sympathy to the victim? Give example.



GIVING ADVICE AND SUGGESTIONS

- If I were you, I would...
- It might be best to...
- In your situation, I found it beneficial to...
- Do you think it might work to...
- What if you tried...?
- Another approach could be...

B Report your group's case and solutions to the class

C Vote for the best expert group. Explain why.

D Let's share!

Share your feeling after role-playing with an AI chatbot, giving advice to victims of cyberbullying.

1. Is it hard or easy?
2. How do you feel when you helped the one out?
3. Will you help someone out in the future?

E EVALUATE

A What have you learned today? Check the list.



- ☐ **understand** the concept of cyberbullying and recognize cyberbullying forms in various situations.
- ☐ **identify** signs of cyberbullying, whether it is happening to themselves or to others.
- ☐ **acknowledge** strategies to prevent and protect oneself or others from cyberbullying.
- ☐ **acquire** new vocabulary related to cyberbullying.
- ☐ **offer** advice and support to victims of cyberbullying.
- ☐

B Write down 5 actions you will do to avoid cyberbullying.

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