

# CYBER-BULLYING and SAFETY ON THE NET

## A Graduate Course

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### Course Description

Cyber bullying has quickly become a 21st century epidemic and a growing concern for students, parents, and educators. This course will alert teachers to the harmful effects of online harassment and teach them how they can be the driving force to prevent it in their schools. We will look at its impact on teaching and learning and apply strategies that will help reduce and/or eliminate the instances of cyber-bullying in our classrooms, in students' homes and in our schools. This course will use the book, Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying, 3<sup>rd</sup> edition, by Sameer Hinduja, as a resource for information and reflection. Using the CyberSmart curriculum that stresses that cyber bullying can be controlled; we will develop classroom lesson plans and materials we can share with our parents while looking at students' rights and laws that must be considered when confronting these situations in the school community. A primary goal of this course requires that teachers will learn various techniques that they can implement upon return to their classrooms. Additionally, teachers will reflect on what they are learning and propose a way to integrate cyberbullying content into the classroom curriculums.

### Objectives

1. Develop an understanding of cyberbullying.
2. Dissect the different technologies that are available to students and describe ways that they can use those technologies to bully or harass other students.
3. Analyze and identify the various types of bullies.
4. Compare your statements on this topic with other teachers and build your knowledge base through reflection.
5. Identify and implement an emotional vocabulary along with activities into your curriculum.
6. Research and discuss strategies to empower parents to prevent cyberbullying.
7. Utilize a wide range of instructional methods and strategies to promote knowledge of the effects of cyberbullying.
8. Adapt ways that institutions can implement cyber bullying prevention.
9. Design and modify lesson plans to support student learning. These lesson plans will be supported by the Cybersmart curriculum.
10. Explore the social emotional states that bullies encompass.
11. Identify and use major research based websites on cyber bullying and their content.
12. Identify appropriate instructional interventions and activities for the classroom.
13. Promote programs that help educators create school-family-community partnerships.
14. Implement appropriate methods and strategies to build a safe online community.

15. Identify your school rules and existing laws that surround cyber bullying and design and share a school safety plan that incorporates a cyberbullying component.
16. Identify methods of incorporating the impact cyber bullying will have on your teaching methods and parent communication.
17. Recognize the laws that exist in your state surrounding cyberbullying and prepare an action plan for dealing with situations.

## **Curriculum Design**

This is a forty-five hour, three credit graduate level course completed over 1 week or 2 weekends. Sessions one through nine will be completed one per week. Session ten will be

## **Course Materials**

The required textbook for this course is Bullying Beyond the School Yard; Preventing and Responding to Cyberbullying 3rd edition, by Sameer Hinduja. Using this text, educators will learn specific strategies to utilize within the classroom. Teachers will be able to modify classroom curriculum, so that includes materials on cyberbullying. The text features reflection and integration questions at the end of each chapter that we will be utilizing in the course.

## **Session Outline**

### **Session One: Definition of Cyberbullying**

Content:

1. Member Introductions and Ice Breaker Activity using Web 2.0 technologies
2. Define cyberbullying.
3. Explore the two kinds of cyberbullying.
4. Compare traditional Bullying vs. Cyberbullying.
5. Activity: Reflection

### **Session Two: Characteristics of a Bully/What we know about Cyberbullying**

Content:

1. Discussion on the levels of cyberbullying.
2. Common forms of cyberbullying.
3. Types of technologies students are using.
4. Chat acronyms
5. Discuss gender and race differences in cyberbullying.
6. Assignment: Describe the five major ways students are being bullied. Share your experiences with cyberbullying.
7. Assignment: Create an a poster or 1 minute PSA on the topic of Anti-Bullying
8. Reflection

### **Session Three: Social Networking and Cyberbullying**

Content:

1. Educating the students on the dangers associated with the internet
2. Define social networking and its uses.
3. What are the top used social networking sites and what makes them so attractive.
4. Internet Use Contracts
5. Social Network Etiquette/Digital Footprint
6. Assignment: Prepare a handout for your students on internet safety.

### **Session Four: Educator's Taking Action**

Content:

1. Solutions for educators
2. Create a survey
3. Discuss emotional vocabulary and empathy
4. Create a set of role playing cards
5. Discuss classroom rules and create a contract
6. Create a Top Ten Tips for Teachers List -\*Preventing Cyberbullying and Being Aware

### **Session Five: Parental Awareness and The Student's Roles**

Content:

1. Parental controls and beyond
2. Discuss ways parents can address their child being a bully.
3. Students role in preventing cyberbullying
4. Online quiz
5. Are you an online bully? Complete quiz and share the results.
6. Assignment: Create a guide on *cyberbullying prevention* using Microsoft Word
7. Reflection

### **Session Six: Schools Combating Cyber Bullying**

Content:

1. Actions to use to deal with cyberbullying incidents.
2. Research the current cyberbullying plan in your school.
3. Fill out the cyberbullying report card to see how prepared your school is for dealing with this topic.
4. Using cyberbullying incident tracking forms.
5. Discussion of internet behaviors and appropriate responses.
6. Assignment: Create a powerpoint for Open House on Cyberbullying.

### **Session Seven: Reflection**

Content:

1. Review case studies and discuss preventions
2. Discuss starter questions for parents to use with their children.
3. Explore websites that promote cyberbullying prevention.
4. Comment on blog
5. Reflections.

### **Session Eight: Curriculum Integration/Activities**

Content:

1. Explore and debate the Cybersmart curriculum.
2. Discover Home Connection Sheets for your grade level.
3. Assignment: Create four lesson plans including home connections that you can implement into your classroom.

### **Session Nine: Legal Aspects**

Content:

1. Case studies and discussion.
2. Research the legal aspects for your state.
3. Explain the four steps students should take to deal with cyberbullying.
4. Assignment: Create a guide for teachers/parents/administrators that explains the different violations and the actions that need to be taken (legally) for each one.

### **Session Ten: Additional Resources/Final Project/Final Exam**

Content:

1. Overview of resources and suggested websites
2. Final Reflections
3. Final Project

### **Student Requirements**

1. Complete all sessions for the requisite number of hours and actively participate in all class activities.
2. A rubric for the final project will be distributed in the first session that will outline the components and elaboration necessary to achieve the corresponding grades.
3. Written reflections for each session during the course are required. Each reflection must conform to APA style. Written reflections will be due as follows:
  1. Reflection questions from, *Bullying Beyond the Schoolyard*, are due at the end of each session.
  2. Final Reflections will be due at the end of the course.
4. Students are required to create a cyberbullying curriculum and will be required to construct a portfolio during the course that will serve as a toolkit of specific ideas and lesson plans for their classrooms for their final project which will be due by the end of Session 10.

## Grading Criteria

Assignment	Points	Grading Scale
Class Participation	20	100-93 A
Class Assignments	30	92-85 B
Final Project	30	84-77 C
Final Reflections	20	
Total Points	100	

## Student Academic Integrity

Participants guarantee that all academic class work is original. Any academic dishonesty or plagiarism (to take ideas, writings, etc. from another and offer them as one's own), is a violation of student academic behavior standards as outlined by our partnering colleges and universities and is subject to academic disciplinary action.

## Bibliography and Suggested Reading

### References

Canadian Safe School Net. (2010) Students, Types of Bullying.  
<http://www.canadiansafeschools.com/students/types.htm>

Damani, Bijal. (2011) Cyberbullying: Is it Happening in Your Class?  
ASCD; January 2011 -Volume 53, Number 1 -  
<http://www.ascd.org/publications/newsletters/education-update/jan11/vol53/num01/Cyberbullying@-Is-It-Happening-In-Your-Class%C2%A2.aspx>

Hinduja, Sameer and Patchin, Justin. (2009) Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying. Thousand Oaks, CA: Corwin Press

Lluch, Alex A. (year). Cyberbullying Takes Bullying to a Scary New Level.  
Articlesbase - free online articles. <http://www.articlesbase.com/parenting-articles/cyberbullying-technology-takes-bullying-to-a-scary-new-level-572745.html>

Itson, J. (2010) What Does a Bully Look Like?.  
Articlesbase - free online articles. <http://www.articlesbase.com/k-12-education-articles/what-does-a-bully-look-like-1908226.html>

### Example PSA:

National Crime Prevention Council Website: McGruff the Crime Dog

<http://www.ncpc.org/newsroom/current-campaigns/cyberbullying/cyberbullying-radio-public-service-announcements>

### **Websites Referenced:**

Bully Free World - Info About and Dealing With Bullies -

<http://www.bullyfreeworld.com/2008/05/25/what-can-i-do-if-my-child-is-bullying-others/>

Cyberbullying Research Center - <http://cyberbullying.us/blog/>

Cybersmart Curriculum -Common Sense Media (2011) <http://cybersmartcurriculum.org/>

Discovery Channel -Your Digital Footprint - (2011)

<http://dsc.discovery.com/convergence/koppel/interactive/interactive.html>

National Center for Missing and Exploited Children -

<http://www.netismartz.org/Cyberbullying>

National Conference of State Legislatures - Cyberstalking, Cyberharrasment and

Cyberbullying Laws by State. <http://www.ncsl.org/default.aspx?tabid=13495>

STOP Cyberbullying; Google Yourself -

[http://www.stopcyberbullying.org/take\\_action/google\\_yourself.html](http://www.stopcyberbullying.org/take_action/google_yourself.html)

### **Youtube Videos Referenced:**

9. Youtube video: Harmless Joke or Cyberbullying?

<http://www.youtube.com/watch?v=a4EjrFPAbbY>

10. Youtube video: President Obama MTV- Cyberbullying.

<http://www.youtube.com/watch?v=NxEoL-LZHGc>

11. Youtube video: **Cyber Bullying Campaign Video \*Based on True Story\***

[http://www.youtube.com/watch?v=vb2QDNt06Qc&feature=email&email=comment\\_reply\\_received](http://www.youtube.com/watch?v=vb2QDNt06Qc&feature=email&email=comment_reply_received)

12. Youtube video: **PBS This Emotional Life clip (cyberbullying)**

[http://www.youtube.com/watch?v=tmxSzis\\_RMg&feature=related](http://www.youtube.com/watch?v=tmxSzis_RMg&feature=related)

13. Cyber Bullying <http://www.youtube.com/watch?v=yZgpmuz2MQc>

14. Ensuring Cyber Safety; Dr. Phil

[http://www.youtube.com/watch?v=NsjNQ8wm3FY&feature=player\\_embedded](http://www.youtube.com/watch?v=NsjNQ8wm3FY&feature=player_embedded)