

## Grade 8, Objective: 8.05

### **Objective:**

Explain ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social network sites, texting, and cell phones).

### **Materials:**

Appendix 1 – Cyberbullying Word Scramble  
Appendix 2 – Cyberbullying Word Scramble (Key)  
Appendix 3 – Digital Safety Expert Advice  
Appendix 4a,b – Digital Disrespect Scenarios  
Appendix 5 – Call Out Examples  
Appendix 6 – Call Out Template  
Note cards (one per student)  
PowerPoint: Digital Safety  
Crayons or Markers

### **Sources:**

Cyberbullying Research Center, Family Violence Prevention Fund, ThatsNotCool.com, MTV, AThinLine.org

### **Focus Step:**

Distribute one note card to each student. Give students a moment to think, then ask them to write one short term-goal on one side of the card and one long-term goal on the other. You could provide some examples: short-term goals could include making it on a sport's team; getting a good grade; getting new clothes. Long-term examples include getting a driver's license; getting a job; having a boyfriend or girlfriend, or going to college.

Link to the Teacher Tube video (1:26):

[http://teachertube.com/viewVideo.php?video\\_id=102693&title=Sexting\\_PSA&vpkey=](http://teachertube.com/viewVideo.php?video_id=102693&title=Sexting_PSA&vpkey=)

After students watch the Public Service Announcement on texting, ask them to look again, at their goals. Ask, *Could sexting (creating, receiving or forwarding a message) make it more difficult to reach any of your goals? Which ones and how?*

### **Review Step:**

*Before we begin, let's do a quick review of cyberbullying, and some of the factors that are associated with cyberbullying. I have a Word Scramble (Appendix 1) from the Cyberbullying Research Center and a phrase is created at the bottom after you unscramble the words. We'll go over the answers as soon as you complete the Scramble.*

Use the Teacher Key (Appendix 2) to go over correct responses.

### **Statement of Objectives:**

*Today we will look at some potentially harmful trends in digital media use. Young people often use Internet and cell phones to communicate messages, including visual ones they may not post otherwise. Let's take a look at some of these trends as well as strategies that can help you from becoming a victim or responsible for sexual abuse.*

**Teacher Input:**

See the included PowerPoint presentation which covers the following objectives:

- Examine digital dating abuse
- Define digital disrespect
- Create strategies to reduce risk of digital sexual exploitation

**Guided Practice:**

Students will work in pairs to give "Expert" advice on Digital Safety.

Use the questions (from ThatsNotCool.com) below or have students create their own (review these first!) Using the tips from slides 6 and 9, have students work in pairs to address the questions. Use Appendix 3 (Digital Safety Expert Advice) as a guide.

Questions:

- *When it comes to over-texting, what puts it over the edge - the number of texts or what the texts are saying?*
- *One of my girls is in a horrible relationship with a very controlling dude. I talked to her about it but she says he does that because he loves and respects her. She and I don't talk anymore because of him. Help?*
- *It seems that everybody's talking about sending/asking for dirty pics. Why has this become such a big deal these days?*
- *Ever feel like texting goes from sweet to annoying or possibly overwhelming? How do you handle it?*
- *Have you spoken to your bf/gf about giving you some space? How did you break the ice? How did they take it?*
- *My girlfriend calls me all the time to check up on me but I'm not sure if she's doing it to make sure I'm ok or because she constantly needs to know what I'm doing?*
- *Talk is hard. Have problems or tips for communicating when you're with someone?*
- *Is there anything you can do if you suspect that your bf/gf is snooping around your cell phone or profile page?*

- *My girlfriend never trusts me. She makes me give her all my e-mail addresses and passwords to check them, like MySpace. I love her to death, and I just can't leave her.*
- *Have you ever dealt with this?*
  
- *Ever have someone sneak a peek at your cell phone or online stuff? How did you feel about it?*

**Independent Practice:**

Show the video clip “Whatever Hollywood” from ThatsNotCool.com or download and save file. <http://www.thatsnotcool.com/tools/index.asp?L1=4&L2=18>

Tell students they are to be randomly assigned a common scenario (Appendix4) for digital abuse and create a “Call Out” card, something that could be shown or given when someone crosses the line (examples included, Appendix 5). Use the template (Appendix 6) and markers or crayons for students to create their response to digital abuse. You have students create additional Digital Disrespect scenarios.

**Closure:**

*Today we explored some of the developing problems of misuse and abuse of digital media. By developing skills to consider the short and long term effect that this type of abuse can have on your life as well as how to intervene, you can now behave in a healthy and positive way when using social media.*

# Cyberbullying Word Scramble

Talking to youth about Internet harassment



Sameer Hinduja, Ph.D. and Justin W. Patchin, Ph.D.  
Cyberbullying Research Center

Unscramble these words to uncover cyberbullying-related concepts and web sites! Combine the circled letters to reveal an important message.

1. octmroha
2. baeokocf
3. yrlebyclub
4. migfaln
5. yamecps
6. lenehpol
7. ilame
8. tagidil
9. tyobueu
10. poptal
11. tinants seegmas

When you see cyberbullying, \_\_\_\_\_!

1 2 3 4 5 6 7 8 9 10 11

**ANSWERS:**

- |                     |                 |
|---------------------|-----------------|
| 1. octmroha         | CHATROOM        |
| 2. baeokocf         | FACEBOOK        |
| 3. yrlebyclub       | CYBERBULLY      |
| 4. migfaln          | FLAMING         |
| 5. yamecps          | MYSAPCE         |
| 6. lenehcpol        | CELLPHONE       |
| 7. ilame            | EMAIL           |
| 8. tagidil          | DIGITAL         |
| 9. tyobueu          | YOUTUBE         |
| 10. poptal          | LAPTOP          |
| 11. tinants seegmas | INSTANT MESSAGE |

When you see cyberbullying, TELL AN ADULT!

Sameer Hinduja, Ph.D. is an Associate Professor at Florida Atlantic University and Justin W. Patchin, Ph.D. is an Associate Professor at the University of Wisconsin-Eau Claire. Together, they lecture across the United States on the causes and consequences of cyberbullying and offer comprehensive workshops for parents, teachers, counselors, mental health professionals, law enforcement, youth and others concerned with addressing and preventing online aggression.

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. For more information, visit <http://www.cyberbullying.us>. © 2009 Cyberbullying Research Center - Sameer Hinduja and Justin W. Patchin

Cyberbullying Research Center  
[www.cyberbullying.us](http://www.cyberbullying.us)



## **Digital Safety Expert Advice**

**Ask the person:  
Would it be okay if this were  
happening offline?**

**Will spreading this information come back to  
haunt me?**

**Isn't it just harmless fun?**

**Also:**

- 1. What Could Happen?**
  
- 2. Should they:**
  - Unhide?**
  
  - Disengage?**
  
  - Secure their stuff?**
  
  - Save everything?**
  
  - Should he/she notify someone?**

## Digital Disrespect Scenarios

Tell students they are to be randomly assigned a common scenario for digital abuse and create a “Call Out” card, something that could be shown or given when someone crosses the line. Cut



into strips.

Without consulting you, your best friend posts a Youtube video from a recent sleepover. You are dancing in your underwear and are not comfortable with this being shared.

Your boy/girl friend stole your password and has checked your inbox.

Your boy/girl friend stole your password and changed several settings on your social network site.

You decide to go hang with some friends, but you keep getting messages from one person, about 5 -10 every few minutes. You thought you liked him or her, now you're not so sure.

Someone you don't know leaves several offensive and sexual messages on your cell phone voice mail.

You receive an inappropriate image that was forwarded by a friend.

After “friending” someone on your Facebook page, he/she writes some very hurtful things on your Wall.

Someone at school took a semi-nude picture of you while in the locker room. As far as you know, everyone in school has received it.

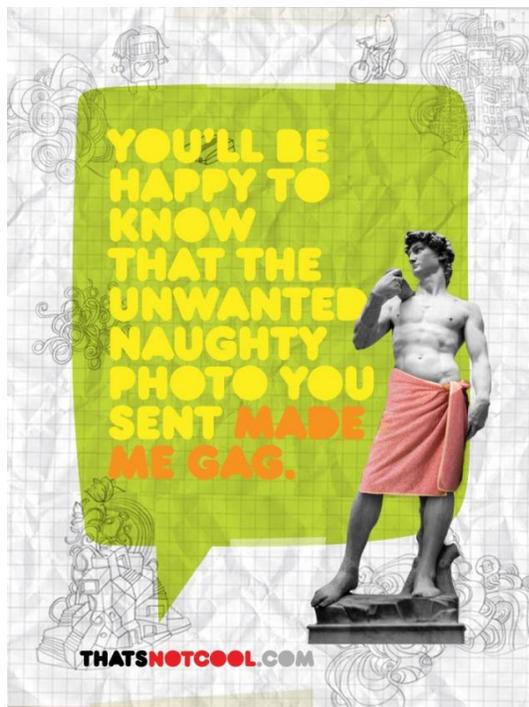
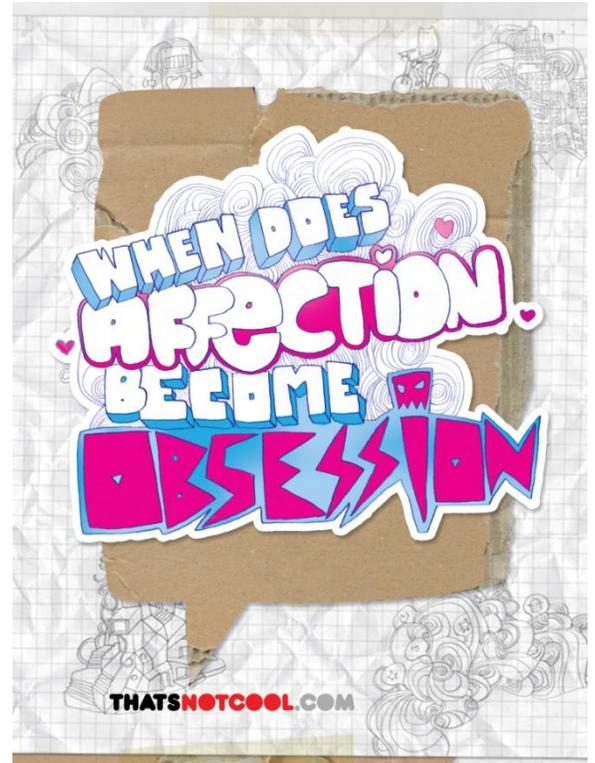
Your boy/girlfriend says you must text him or her every hour so that he or she knows you are okay.

Someone you like says it hurts his or her feelings when you don't want to IM any longer. (It's only been three hours!)

You receive an email from a good friend that says that a classmate has been "fooling around" with someone. You know it is not true.

A friend writes some mean things about you on his or her MySpace or FaceBook page.

Call Out Examples (from ThatsNotCool.com)



# The Call Out Template

