



The Future is Ours - Safe, Fun & Connected – Post Workshop Lesson Plan (60 minute activity with follow up work)

Learning objectives:

The aim of the lesson is to inspire the children to create some writing about a world where the internet is a safe place and children can go online without fear of being bullied.

Introduction: (10 minutes)

The lesson begins with a discussion about 'The Future is Ours - Safe, Fun & Connected' workshop, so that the children have the opportunity to re-cap on what they did in the workshop and what they have learnt about e-safety and how they might create a future where no bullying happens online.

Key points that were discussed in the workshop:

- An agreed definition of bullying.
- An agreed definition of cyber bullying
- What a child can do if they are being cyber bullied.

The key advice from the workshop:

- If a child receives a message via a text or an email that they are unhappy about they need to ZIP IT (not respond) BLOCK IT & SAVE IT (block the person sending and save the evidence) and FLAG IT (show an adult.)
- They should be SMART online (keep **S**afe, never **M**eat anyone that you have only spoken to online, do not simply **A**cept or open messages from anyone you don't know, understand that not everyone online is **R**eliable - only chat to real life friends or family online, if in doubt **T**alk to parents / teachers / carers if something happens online that worries you.
- When the children are on-line playing games or chatting to friends they were advised to use a nickname or a user name to protect their identity.
- If someone they don't know asks them for their personal details they were advised to say no, as this person is a stranger.
- The children were reminded that legal age for a Facebook account is 13.
- If the children have questions about the suitability of a website or anything that they are looking at on-line they can ask their parents and teachers for advice.

Warm-up writing exercises. (5 minutes)

The teacher explains that the children are going to spend just a few minutes writing about feelings. There is no right or wrong answer to these, and this will not be shared with the rest of the class, so the children should write whatever comes into their head. Loose paper can be used for the writing so that it may be collected and binned at the end of the exercise.



The children are asked to try the following:

- (1) Write for 1 minute about what makes you angry
- (2) Write for 1 minute about what makes you sad
- (3) Write for 1 minute about what makes you happy or hopeful
- (4) Write for 1 minute about how the work "bully" makes you feel

Main activity: Creative Writing. (35 minutes)

The children may now be introduced to the idea of creating a World where cyberbullying no longer happens.

They can start this exercise in a number of ways:

Speaking in pairs: Using the Internet (5 minutes)

Talk for two minutes about when you use the internet and what you use it for. Ask a few of the children to report back.

Creating characters (15 minutes)

Try thinking and writing about a character who is being bullied in cyberspace. To help create this character, think about and write answers to these questions:

What's their name?

How old are they?

Do they have any brothers and sisters or pets?

What are they really interested in – football, tv, food, music etc...

How do you think that person feels when they are bullied?

Now think about and write about a character who is bullying others online:

Try answering the same questions about the bullying and write about them.

Now try the following:

Write for one minute on why that person bullies other people.

Write for one minute how you think they feel while they are bullying.

Write for one minute how you think they feel after they have bullied someone.



Group Writing (15 minutes)

Split the class into groups of 6/7

Now let's make up a poem in a group about someone being bullied in cyberspace and how the bullying is eliminated. The poem doesn't have to rhyme but it can if you want it to. Please write short sentences. You will have one minute each to write a line of the poem.

The first person writes one line to start the poem off and then passes the piece of paper to the next person etc... They each have one minute to do write their line.

Extension activities:

Drama exercise.

The poems that the children write at the end of the lesson could be acted out in another class. The children in the group may play different roles. Anyone who is shy may like to take the part of "Director" of the scene. The drama might be presented as a news report, in which case a child might take the part of "camera-person".

Extended writing

The class can be set a writing exercise to create a short story, poem, blog or news article based on the characters they have created where cyberbullying no longer exists. They should imagine what happens to stop the bullying. They should write about what happens to the characters at the beginning and the end of the story.