

# Cyberbullying/Technology Safety Lesson Plans

Compiled by Russell A. Sabella, Ph.D.

Available online at

<http://bit.ly/cyberbullying-curr-table>

[www.GuardingKids.com](http://www.GuardingKids.com)

[sabella@schoolcounselor.com](mailto:sabella@schoolcounselor.com)



The following is a summary of available and comprehensive curriculum or lesson plans for helping children with knowledge, skills, and attitudes about cyberbullying and technology safety. Resources were chosen if they included a set of coherent and comprehensive curriculum.

Additional resources that can be used to develop your own customized lesson plans can be found at <http://www.guardingkids.com/> under Resources and Links. If I missed one, please contact me for consideration.

| Source  | Levels | Cost |
|---|--------|------|
| <b>ADL Curriculum Connections</b><br>The purpose of this lesson is to encourage safe and kind Internet communication among young children, and to provide students with basic skills for responding productively to online bullying and social aggression. Students use literature, fictional scenarios and creative expression to explore the ways in which Internet communication can amplify hurtful words and to practice responses to hurtful online messages. Students also focus on ways that they can use the Internet to make others feel good and implement online kindness projects in class.<br><a href="http://bit.ly/HGkJ2">http://bit.ly/HGkJ2</a> | 2-5    | FREE |

## Cyberbullying/Technology Safety Lesson Plans

| Source   | Levels | Cost    |
|--|--------|---------|
| <p><b>BeSeen.</b> BeSeen is provided by Carnegie Mellon University and Web Wise Kids to teach youth how to be responsible in social networks by securing their private and personal information, protecting their online reputation and defending their peers. This online safety mobile application is a single-player game that simulates a social networking website. The player creates a profile and starts earning "friend" characters and interacting with them. They learn about others through their posts and help them through challenges in order to win awards and make new friends. In BeSeen, the ultimate quest is to make friends. At first, that is a matter of getting involved in school activities, but as more friends join a social circle, they bring their problems with them. To keep friends and make more, it's important not only to be involved but to be a good friend. Who is up for the challenge? The website also provides a classroom <a href="#">user guide</a> and <a href="#">flyer</a>.<br/> <a href="http://www.playbeseen.com/">http://www.playbeseen.com/</a></p> | 5-8    | FREE    |
| <p><b>commitee for children</b><br/>           There are downloadable PDFs, audio files, and other information containing everything from research results of SEL studies to great songs for preschoolers.<br/> <a href="http://community.cfchildren.org/downloads">http://community.cfchildren.org/downloads</a></p>  | preK-8 | FREE    |
| <p><b>Cyber Bullying Curriculum for Grades 3-5</b><br/>           A Prevention Curriculum; Facilitators manual with CD-ROM<br/> <a href="http://www.hazelden.org/web/go/cyberbullying">http://www.hazelden.org/web/go/cyberbullying</a></p>  | 3-5    | \$99.00 |
| <p><b>Cyber Bullying Curriculum for Grades 6-12</b><br/>           A Prevention Curriculum; Facilitators manual with CD-ROM<br/> <a href="http://www.hazelden.org/web/go/cyberbullying">http://www.hazelden.org/web/go/cyberbullying</a></p>   | 6-12   | \$99.00 |
| <p><b>CyberSmart</b><br/>           Nonsequential, the free CyberSmart! Student Curriculum is easily integrated, in part or in full, into your current curriculum. Each lesson stands on its own. A consistent lesson model, including free reproducible student activity sheets, makes planning easy for thousands of educators worldwide.<br/> <a href="http://cybersmartcurriculum.org/">http://cybersmartcurriculum.org/</a></p>   | K-12   | Free    |

## Cyberbullying/Technology Safety Lesson Plans

| Source  | Levels | Cost |
|---|--------|------|
| <p><b>Digital Citizenship and Creative Content Program</b><br/>           Students interact with music, movies, software, and other digital content every day. Do they understand the rules that dictate the ethical use of these digital files, and do they understand why these issues are relevant? The Digital Citizenship and Creative Content program is a free, turnkey instructional program. The goal is to create an awareness of the rights connected with creative content. Because only through education can students gain an understanding of the relevance of and a personal respect for creative rights and grow to become good digital citizens.<br/> <a href="http://www.digitalcitizenshiped.com/">http://www.digitalcitizenshiped.com/</a></p> | 8-10   | FREE |
| <p><b>FBI-SOS (Safe Online Surfing) Internet Challenge</b> is a FREE, educational, online program that teaches elementary and middle school students how to recognize and react to online dangers. Students take web-based quizzes and review specific websites aimed at promoting online safety. Developed in cooperation with the FBI Crimes Against Children Unit at the Miami FBI Office, the program is administered by the Common Knowledge Scholarship Foundation, part of the Fischler School of Education and Human Services at Nova Southeastern University in Fort Lauderdale, Florida.<br/> <a href="http://www.fbi-sos.org/">http://www.fbi-sos.org/</a></p>   | K-8    | Free |
| <p><b>Hector's World</b><br/>           Hector's World® is a unique cybersafety initiative for teachers and parents to help young people learn about safe online practices and digital citizenship. The core content of Hectors World is the 7 animated episodes featuring Hector the dolphin, and his friends. Each episode has support material for teachers and parents.<br/> <a href="http://hectorsworld.netsafe.org.nz/">http://hectorsworld.netsafe.org.nz/</a></p>  | K-5    | FREE |
| <p><b>Internet Smarts from Power to Learn</b><br/>           Explore important topics in Internet use at school or at home. These guided, multimedia activities allow you to examine issues affecting schoolwork, class papers, entertainment activities and online safety.<br/> <a href="http://www.powertolearn.com/internet_smarts/index.shtml">http://www.powertolearn.com/internet_smarts/index.shtml</a></p>  | 4-8    | FREE |
| <p><b>Internet Keep Safe Coalition</b> is a broad partnership of governors and/or first spouses, attorneys general, public health and educational professionals, law enforcement, and industry leaders working together for the health and safety of youth online. iKeepSafe® uses these unique partnerships to disseminate safety resources to families worldwide.<br/> <a href="http://www.ikeepsafe.org/iksc_educators/">http://www.ikeepsafe.org/iksc_educators/</a></p>  | K-12   | FREE |

## Cyberbullying/Technology Safety Lesson Plans

| Source  | Levels | Cost |
|---|--------|------|
| <p><b>iSafe.org</b><br/>           Founded in 1998 and endorsed by the U.S. Congress, i-SAFE is a non-profit foundation dedicated to protecting the online experiences of youth everywhere. i-SAFE incorporates classroom curriculum with dynamic community outreach to empower students, teachers, parents, law enforcement, and concerned adults to make the Internet a safer place. Please join us today in the fight to safeguard our children's online experience.<br/> <a href="http://isafe.org/">http://isafe.org/</a></p>  | K-12   | VAR  |
| <p><b>The Massachusetts Aggression Reduction Center</b><br/>           MARC is an academic center, bringing services and programs in bullying and cyberbullying prevention to the K-12 Education Community. In addition to in-school programs, they offer parent and community education and free downloads, workshops and conferences, curricula, games, and valuable training for students in the fields of Education, Social Work, Counseling, and Psychology.<br/> <a href="http://webhost.bridgew.edu/marc/edu1.html">http://webhost.bridgew.edu/marc/edu1.html</a></p>  | K-12   | FREE |
| <p><b>Media Awareness Network</b><br/>           To help educators address this issue in their classrooms, Media Awareness Network has developed a series of lessons, in English and in French, to give students a better understanding of the ethical and legal implications of cyberbullying and to promote positive Internet use.<br/> <a href="http://www.media-awareness.ca/english/resources/educational/lessons/cyberbullying.cfm">http://www.media-awareness.ca/english/resources/educational/lessons/cyberbullying.cfm</a></p>   | 5-12   | FREE |
| <p><b>Michigan Cyber Safety Initiative</b><br/>           The state of Michigan has developed programs to discuss social networking with elementary school children.<br/> <a href="http://www.michigan.gov/ag/0,1607,7-164-17334_48889---,00.html">http://www.michigan.gov/ag/0,1607,7-164-17334_48889---,00.html</a></p>   | K-8    | FREE |
| <p><b>Netcetera</b><br/>           OnGuardOnline.gov's Net Cetera campaign provides information and resources about helping kids make safe, responsible decisions when they're online. OnGuardOnline.gov encourages you to use these free resources with your kids, at your PTA meeting, in your school, or anywhere else parents might gather. Order free copies of Net Cetera and the complete Net Cetera Community Outreach Toolkit at <a href="http://bulkorder.ftc.gov">bulkorder.ftc.gov</a>. Include the information in a newsletter, link to it, or use the videos on a website. These materials are in the public domain.<br/> <a href="http://www.onguardonline.gov/topics/net-cetera.aspx">http://www.onguardonline.gov/topics/net-cetera.aspx</a></p> | K-12   | FREE |

## Cyberbullying/Technology Safety Lesson Plans

| Source  | Levels | Cost |
|---|--------|------|
| <p><b>Netsmartz.org</b><br/>                     The NetSmartz Workshop is an interactive, educational safety resource that teaches kids and teens how to stay safer on the Internet. NetSmartz combines the newest technologies available and the most current information to create high-impact educational activities that are well received by even the most tech-savvy kids. Parents, guardians, educators, and law enforcement also have access to additional resources for learning and teaching about the dangers children may face online. NetSmartz was created by the National Center for Missing &amp; Exploited Children® (NCMEC) and Boys &amp; Girls Clubs of America (BGCA).<br/> <a href="http://www.netsmartz.org/Educators">http://www.netsmartz.org/Educators</a></p> | K-12   | FREE |
| <p><b>Seattle Public Schools MIDDLE SCHOOL CYBERBULLYING CURRICULUM</b><br/>                     Seattle Public Schools and a Grant from Qwest Foundation<br/>                     Mike Donlin, Senior Program Consultant, SPS<br/>                     Curriculum Writers: Linda Bakken, SPS, Chris Gentes, Counseling Consultant and Neilia Solberg, Writing Consultant<br/>                     Prevention Webmaster: Susan Hall, Office for Community Learning, SPS.<br/> <a href="#">Click here to go directly to the page.</a></p>  | 6-8    | Free |
| <p><b>Standing up, Not Standing By: A Free Cyberbullying Toolkit for Educators</b><br/>                     Use this kit from Commonsense Media to stop cyberbullies in their tracks. It has the materials you need to show students how to stand up when they see digital harassment happening and to help you create a positive school culture where kids can thrive – both online and off. It offers easy access to our two best lessons on cyberbullying for each grade level. You'll find engaging, turn-key instruction for your classroom.<br/> <a href="http://www.common sense media.org/educators">http://www.common sense media.org/educators</a></p>  | K-12   | FREE |
| <p><b>Understanding Cyber Bullying - Virtual vs. Physical Worlds</b><br/>                     In this three-hour lesson, students explore the concept of cyber bullying and learn how the attributes associated with online communication may fuel inappropriate or bullying behavior. Connections between other contributing factors to bullying-online and offline-are also reinforced as students develop an understanding of the role played by bystanders and the ways in which our own responses may fuel or stop this kind of behavior. As a class, students will establish a class "code of (N)ethics" for online conduct.<br/> <a href="http://bit.ly/28Vkz">http://bit.ly/28Vkz</a></p>   | 7-8    | FREE |

Also see:

**GuardingKids.com: A Practical Guide to Keeping Kids Out of High-Tech Trouble**

by Russell A. Sabella, Ph.D.

From podcasts to porn, cyberbullying to cell phones, Dr. Russell Sabella helps readers understand the risks that emerge when high-tech tools, uninformed parents, and exuberant youth collide. Because kids are growing up with modern technologies, many are more expert than their parents. As a result, a parent's ability to make effective decisions for how technology is used may be compromised.

GuardingKids.com empowers parents, educators, and other care takers to better understand the electronic terrain. Readers will be better able to help children safely and securely navigate a minefield of inappropriate and risky situations.

**To see the Table of Contents and Preface:**

<http://www.guardingkids.com/about.htm>

**For Training/Workshops:**

<http://www.schoolcounselor.com/top5training.htm>

