



Block The Bullies Micro-learn Notes

Theme – Online bullying, what to do about it and one NZ law that protects you

Target age group – Years 9 to 11

Lesson duration – 7 to 10 minutes

Use – Can be used in small groups, as a whole group with you leading, or individually

Resources

- If using individually or in small groups: device (laptop, tablet), headphones, wifi
 - If delivering as a class with educator leading: projector with sound, wifi
-

Outcomes

At the end of this micro-learn, learners will be able to:

- Understand how laws in Aotearoa protect us from bullying
- Implement strategies to respond to bullying when it happens
- Learn what the platforms are doing to prevent bullying
- Ask for help and support from trusted sources when they need it

Important points

These notes should offer you information to deliver the micro-learn without diving too deep.

Netsafe's micro-learn's are designed to fit into a regular lesson. Used alone they provide a taste of the topic and cover key points. There are suggestions for lesson extension at the end.

Quick reads before you deliver

We recommend you do the micro-learn yourself before you teach the lesson. The links below give context to and support the key messages of the micro-learn to help you teach it.

Watch: a short version of Sarisha' story about being catfished by her friends is shared in the micro-learn. Watch it in full here: <https://www.youtube.com/watch?v=Euasv8SUWmo>

Watch: to learn more about abuse young people experience in gaming (WARNING graphic content): <https://www.youtube.com/watch?v=3jSX-CP3P4g>

Read: this article about online bullying by ReNews: <https://www.renews.co.nz/cyberbullying-and-teens/>

Introducing and delivering the micro-learn

Introduce the micro-learn "Today you are going to explore how laws in Aotearoa protect us from bullies, what we can do about bullying and who can help us"

If delivering individually or in small groups

1. Guide learners through the sign-up process
2. Tell learners to plug in their headphones
3. Tell them to start
4. Monitor the class to ensure they are completing the tasks

Wrap up: discuss what they learned or extend the lesson using the optional extensions.

If delivering as a class

1. Sign in before class
2. Project the opening slide onto your screen (with sound)
3. Introduce the lesson
4. Begin

Wrap up: discuss what they learned or extend the lesson using the optional extensions.

Optional extensions

Below are some ideas if you want to extend the lesson or start a discussion..

Read/watch: this article <https://www.renews.co.nz/abuse-is-an-everyday-reality-for-female-gamers/> or watch the video <https://www.youtube.com/watch?v=EX4QtUQcdG0>. Discuss what social norm is being reflected here and/or whether this might be a common experience for female gamers

Read: this article or just show them the headline <https://www.renews.co.nz/petting-a-dog-could-be-good-for-your-brain/>. Discuss other actions people take to lift their mood and support others to feel good

Watch: the rest of Sarisha's story <https://www.youtube.com/watch?v=Euasv8SUWmo>. Discuss what you would have done if that was someone you knew or yourself

Discuss: ask learners to look up the privacy/safety settings or community guidelines for different platforms and share these with the class. Are platforms doing enough?

TIP: Get students to download Netsafe's online safety guide with links to privacy/safety settings for different platforms <https://netsafe.org.nz/staying-safe-online/>

Read and share: the posters and information here to discuss rights and responsibilities online <https://5rightsfoundation.com/our-work/childrens-rights/uncrc-general-comment.html>

Watch: an episode of Youthline's Good to Great webinar series on developing resilience and discuss <https://www.youthline.co.nz/good2great.html>

