BULLYING IN THE DIGITAL WORLD

This worksheet is designed to accompany the film 'Bullying in The Digital World', a film about a two young girls who invite another into their 'virtual chat room' and say hurtful and mean things to her.

We've put together some talking points and activities that you can work through with young people, either in classroom or at home with your own children.

Pre-film discussion
- What is a cyberbully? Is it different from physical bullying?
- What can people who are bullied do to help themselves?
- Is it possible to become an unwittingly involved in cyberbullying?

Activity 1: Design a leaflet
Pretend you have been asked by your school to design a leaflet about cyberbullying with the message that you can have fun on the web without being mean to others. Make sure your leaflet has some advice about what people should do if they are a victim of cyberbullying.

Activity 2: Role play
Rewrite the ending of the story, so that Samina persuades Jen to back off from bullying Sally. Act out your script.

Talking points
Some people might see the things Jen and Samina say to Sally as 'harmless fun'. At what point does something stop being harmless and become bullying?

How do you think bullying might affect people longer term? When they grow up and leave school – do you think bullying can have an impact beyond school?

Learning outcome

Cyberbullying is real and no less impactful than physical bullying. Those doing it need to understand that it isn't harmless fun and those who are victims should know that there are places they can go for help.