

3rd-6th class

VIDEO LESSON WORKSHEET



R IS FOR REACH OUT AND BE KIND

Name: _____



ACTIVITY 1

In what way can people bully?

Give examples under the different headings.

Physical abuse

- Hitting

Emotional abuse

- Say mean things
- Not include you in games
-

Online bullying

- Being mean online or through technology
- Fake reporting
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ACTIVITY 2

Which is bullying? Which is just a joke?

Example Is it bullying? It is a joke?	Rank 1-5. 1 = just a joke/not serious, 5 = serious cyberbullying
Repeated mean messages online, even after you said it wasn't funny anymore	
Sending embarrassing photos or videos of you to other people and uploading them onto social media platforms without your permission	
An argument online because you don't agree on something	
Sending a funny picture of you to another friend	
Sending scary or threatening messages to someone else like 'I know where you live' 'I will get you'	
A sarcastic remark ex: #sorrynotsorry or saying something mean and saying #loljk at the end, ex: I don't like your confirmation clothes, lol jk	
False reporting (Ex. Reporting you so you're kicked off a game, but you've done nothing wrong)	
Ganging up on you in a game and repeatedly killing you on purpose in the game	
Making a fake account in someone else's name and posting personal information about them	
Deliberately excluding people from online groups	



ACTIVITY 3

In this true story, Rob doesn't tell anyone about the mean comments he received. What do you think Rob should have done instead? What could he do and who could he have told?

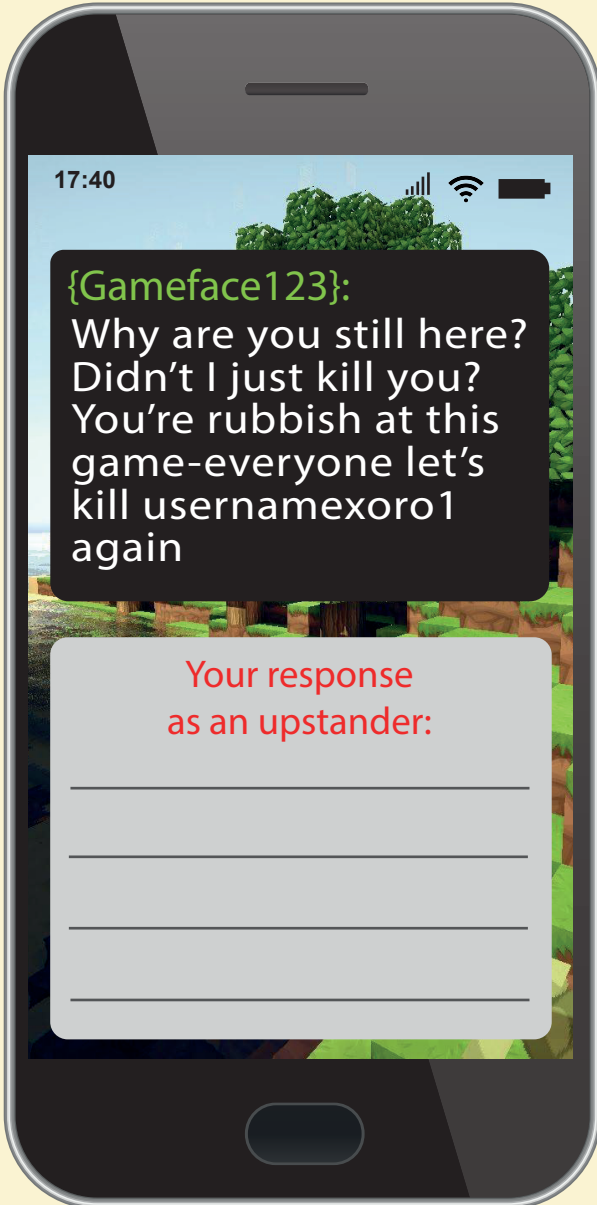




ACTIVITY 4

How would you intervene to help a friend?

Gaming example



Whatsapp example

