

**Do Now**

# Online safety – trolling and cyberbullying



Tammi really loved her new dress. 'You should post a pic of you wearing it to your Insta.' Said her friend, Aisha. 'You absolutely slay in it. It really suits you.'

Tammi posted her pic, and, feeling very confident, made it a public post. A few minutes later, the notifications started bleeping...

**Discuss: Why do public posts always have an element of risk?**

She's too big to pull off that look.

OMG what a poser.

The 2000s called, they want their dress back.

You can tell she must be ugly, head facing away and so much filter.

Why do you think it often seems like people are so much crueller online than  
*I think it often seems like people are cruller online because...*



# Online safety – trolling and cyberbullying



## Learning outcomes:

Identify the impact of cyberbullying, responsibilities of online bystanders to report bullying and how and where to get help.

**Online Troll** - A troll is Internet slang for a person who intentionally tries to instigate conflict, hostility, or arguments in an online social community. Platforms targeted by trolls can include the comment sections of YouTube, forums, or chat rooms.

**Online by-stander** - Someone who witnesses bullying, either in person or online, is a bystander. Bystanders are people who take no action to help.

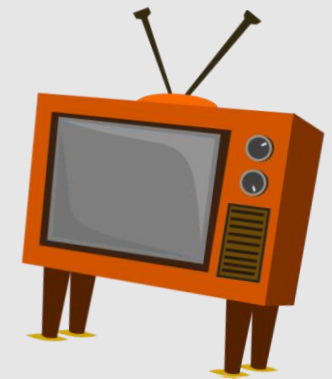
Watch the clip, listening carefully. Around the mind map, write down as many ideas as you can about why some people 'troll' others online. There is never any excuse for this, but today we're going to try and understand what makes people troll, as well as how we can navigate and avoid it ourselves. **You can use the images as clues.**



Why do some people 'troll' others online?



One reason some people troll others is because...



<https://www.youtube.com/watch?v=GDdbVYMDq30>

Here are the main three ideas that the video discusses. Maybe you also thought of some others? If so, let's hear them to add them to our mind maps.



*They are anonymous and so will say things they might not dare to in real life, as their identity is hidden, and they think there will be no consequences.*

Why do some people 'troll' others online?

*They seek negative social reinforcement instead of most people's preferred positive reinforcement.*

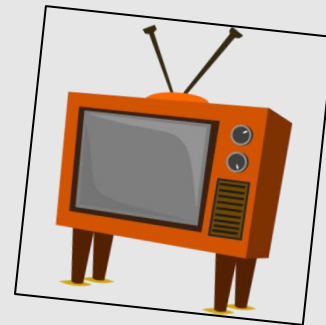


One reason some people troll others is because...

*They may have no attention in real life, so desperately crave it online.*



Attention



<https://www.youtube.com/watch?v=GDdbVYMDq30>

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Watch the following clips and complete the questions on your answer sheet. Your teacher will then go through the answers.

<https://www.youtube.com/watch?v=3K6fH4ZtqFU>

What is an upstander?

What could we show a trusted adult to help stop cyberbullying?

What percentage of bullying situations come to a stop when a peer intervenes?

Why does being an upstander take courage?

What could you do instead?



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## **What is an upstander?**

The opposite of a by-stander. Someone who stands up against bullying.

## **What could we show a trusted adult to help stop cyber-bullying?**

A screenshot of the cyber-bullying you saw.

## **What percentage of bullying situations come to a stop when a peer intervenes?**

57%

## **Why does being an upstander take courage?**

As you could become a target yourself

## **What could you do instead?**

Talk to someone privately to comfort them and let them know they're not alone, or report it to the platform.



# How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
  - A friend you are worried about
  - Someone being unkind to you
  - Something you have heard and think we should know



## How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

# Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



## **Mental Health & Low Mood**

YoungMinds – <https://www.youngminds.org.uk>  
Kooth – <https://www.kooth.com>  
Mind – <https://www.mind.org.uk>

## **Talk to Someone**

Your Tutor or Head of Year – We're here to help.  
Wellbeing Team and School Nurse  
Report a Concern on Satchel  
Safeguarding Team with the Purple lanyards

## **Healthy Lifestyle**

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>  
Change4Life – <https://www.nhs.uk/change4life>

## **Apps That Can Help**

Calm – For mindfulness and sleep.  
Headspace – Meditation and stress relief.  
Clear Fear – Manage anxiety (designed for young people).  
MeeTwo – Anonymously talk to other teens, moderated by experts.

## **Eating Concerns**

Beat Eating Disorders –  
<https://www.beateatingdisorders.org.uk>  
NHS Live Well – Eating Disorders –  
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>