

Cyber Bullying Training Booklet

This workbook is to be used alongside the community safety film on Cyber Bullying.



DEVELOPING A WORLD OF POSSIBILITIES

Welcome to the Talkback Cyber Bullying Training

This guide has been produced to accompany the cyber bullying video. Please follow the steps outlined carefully. We have produced this document with helpful training tips, that are highlighted in the yellow boxes.

Learning Objectives

- To understand the risks involved with talking to strangers on the internet.
- To be aware of the dangers involved with sending and receiving personal photos to/from strangers.
- To understand what cyber bullying is and to take steps to avoid being a victim of it.

What's in the video?

The first part of the story shows what can happen when you send personal pictures to someone online that you have not met in person. The second part of the story shows what you can do to keep yourself safe when talking to someone online that you have not met in person.

Glossary: Key Terms

What does cyber mean?

Cyber is another word for the internet.

What does cyber bullying mean?

Cyber bullying is when you are bullied on the internet.

Trainer tips

After you've talked through the learning objectives and key definition, show the member the film in full. Then, using the narration of events below, read through the story, making use of the timestamps if necessary to rewatch the relevant parts of the film.

Use the trainer tips as discussion points to pause and reflect on what is happening.

Part 1 of the story shows what can happen if you send personal pictures to someone on the internet who you have not met in person.

Trainer tips

The timestamps are included so you can pause the video to discuss what's going on at these key moments.

00:00:16

Alexandra is at college when she receives a photo on her phone from a boy who calls himself Prince 98. Alexandra knows Prince 98 from Facebook but has not met him in person before. Prince 98 asks Alexandra if she likes the photo of him.

00:00:24

Prince 98 then sends a message to Alexandra asking her to send a picture of herself to him.

00:00:35

Alexandra thinks that this is okay to do, as she has 'known' Prince 98 for ages (on Facebook). Alexandra sends Prince 98 a photo of herself.

00:00:41

But then Alexandra has some worrying thoughts, including:

"I haven't met this boy before."

"How do I know if this boy is who he says he is?"

"What if he sends this photo on to other people?"

00:00:55

Prince 98 then goes offline and Alexandra is really worried.

Two days later

00:01:20

Alexandra starts to receive some horrible messages from strangers (shown on the film) about the photo she sent to Prince 98.

Trainer tips

- Ask the member what they think might have happened here.
- How have people seen Alexandra's photo? How do you think Alexandra is feeling?
- Explain to the member how we assume that Prince 98 must have posted Alexandra's photo publicly, without her permission.

Part 2 of the story shows what you can do to keep yourself safe when talking to someone on the internet you have not met in person.

00:01:54

Alexandra is at college when a boy she met on Facebook who calls himself Prince 98 sends her a photo of himself. Prince 98 asks Alexandra if she likes the photo of him.

Trainer tips

Emphasise to the member that they should be careful when speaking to people on the internet that they have not met in person. This is because people on the internet might not be who they say they are, which means they may not be trustworthy.

Advise the member that, to keep as safe as possible, it's important to only accept friend requests from people they have met in person.

00:02:05

Alexandra isn't sure what she should do, so she talks to her support worker, Clare.

Trainer tips

Ensure the member knows that if they are unsure about something someone has said to them on the internet, they should always ask a trusted adult what to do.

00:02:15

Clare tells Alexandra to delete the picture of Prince 98, as it is private.

Trainer tips

Emphasise to the member the importance of deleting any private photos sent to them by people they have not met in person. Also advise members never to send anyone they have not met in person a photo of themselves, even if asked to.

00:02:37

Alexandra walks away happy and relieved, as she has spoken to a trusted adult for advice. Alexandra has followed the advice and has not sent a photo of herself to Prince 98.

Trainer tips

Highlight that Alexandra has kept herself as safe as possible in this situation.

Quick Quiz

Work with the member to complete this quiz to gauge their understanding of what they've learnt.

Fill in the gaps to complete these sentences about keeping your information safe online.

1. You should be careful when sending pictures to people online that you have not met in person. This is because they might not be _____.
2. You should never send photos of _____ to people you have not met in person.
3. If someone you have not met in person sends you a photo of themselves, you should _____.
4. You should speak to _____ if you're unsure about anything someone has said to you or about a picture they have sent to you on the internet.

Answers

1. Who they say they are (also accept 'trustworthy')
2. Yourself
3. Delete it
4. A trusted adult

Trainer tips: Final scenario check

Present this scenario to the member to see if they can apply the knowledge they have learnt.

Brianna is on her Facebook when she sees a message request from a man called Greg. The man says that he's seen her on the bus before and thinks they'd get along, should she accept his friend request?

Answer

Brianna should not accept Greg's friend request and should not respond to his message.

Talkback

DEVELOPING A WORLD OF POSSIBILITIES

CONTACT US



01494 434 448



talkback@talkback-uk.com



talkback-uk.com



Amersham Community Centre,
Chiltern Avenue, Amersham, Bucks HP6 5AH