**Class Meeting: May 4, 2016**

**Cyber Bullying: DO FIRST!**

**Purpose:** Discuss the topic of Cyber Bullying and talk about how to respond to it.

**Materials: Your Bully Buster or a representative will bring these to your room**

* DO FIRST sheets

**Icebreaker:** Would You Rather? Here are some suggestions:

* Would you rather never be able to speak again or always have to say everything that is on your mind?
* Would you rather change the past or be able to see into the future?
* Would you rather have a dragon or be a dragon?
* Would you rather speak every language fluently or be able to speak to animals?
* Would you rather go into the past and meet your ancestors or go into the future and meet your great-great grandchildren?
* Would you rather be a kid your whole life or an adult your whole life?
* Would you rather Superman or Batman be your best friend?
* Would you rather have to sew all your clothes or grow your own food?
* Would you rather go without TV or junk food the rest of your life?

**Bully Buster/Teacher:** Today we are going to talk about what to do if you or your friends become a victim or if you witness an event of Cyber Bullying, using a set of guidelines called **DO FIRST**!

1. Hand out the **DO FIRST** sheets- 1 per table group.
2. Read the sheets out loud as a class. The Bully Buster or Teacher should first state the bold faced part of each instruction while student volunteers can read the rest aloud. Ask for volunteers to read each part. If you’d like, this can be done in groups.
3. Have a class discussion (preferably in a circle or whatever format works for your class) after reading through the **DO FIRST** guidelines on the following talking points. If the discussion goes in a different direction that is still on topic but not following these suggested talking points it’s okay! ☺ Just make sure you get to #4 at the end of your discussion.
* Which of the **DO FIRST** guidelines make the most sense to you?
* Which guideline do you think would be the easiest to follow? Why?
* Which guideline do you think would be the most difficult to follow? Why?
* Are there bystanders in Cyber Bullying situations? If so, who are they? (If you see Cyber Bullying happening on any social network and you do not report it, you are a **bystander**.) Can bystanders do anything in these situations?
* How do people who are victims of Cyber Bullying feel compared to people who are victims of face-to-face bullying? Do you think the feelings are different?
* How do the other roles in the Bully Circle work in a Cyber Bullying situation? (For example: If you “like” something that is posted on Instagram or “favorite” or retweet something on Twitter, you are a **supporter.**)
* Telling an adult is a VERY important part of getting help in many Cyber Bullying situations. Why is it sometimes difficult to tell adults about Cyber Bullying? (They might say- the topic of the Cyber Bullying, who is doing it, the language is too bad, etc. Remind them that if it feels like only an adult could put a stop to the situation, that feeling is probably correct and they should tell an adult!)
* What are ways that you could tell an adult when Cyber Bullying is taking place? (In person, in writing, with a friend, over the phone, etc.)
* Does anyone have any other comments or questions to add?