



# Starter: What are these?



These are **apps**. You might have used some of them on a tablet, phone, computer or games console before!

## Class chat (2 mins)

Do you know what these are and can you name any of them?

These apps are for older children, but you may have seen older siblings use them!



These apps are popular with young children. Can you think of any others you might know?



Most apps use the internet to work, which means they are **online**.

# Can you spot **online** bullying?



## Quiet think

How do you think this boy is feeling? Why?  
What could have made him feel this way?



**This topic might be difficult to talk about. If you need help, talk to a teacher, or go to slide 21.**



# Why are we talking about this?



This week is **Anti-Bullying Week**, a time to think carefully about how we treat others.

Sadly, lots of children say that people have teased them or been **unkind to them when online**.



## Video (2 mins)

Click to watch a video about this year's theme.

0:00-1:41



**Everyone deserves to feel happy** so today we will look at how to spot online bullying and what to do about it!

**Bullying:**  
Bullying is when someone does or says something that makes someone feel unhappy lots of times.



# What should you do?



The online world is a **very big place**.



It can be **really fun** when people use it **sensibly** and treat others with **respect**...



but it can be very **upsetting** and **hurtful** when people don't treat each other this way.



# Number one:



Mariana opens her Maths book and finds someone has written a nasty comment in her book. This is not the first time this has happened.

**What should Mariana do?**

1

Rub it out  
and ignore it

2

Write a mean  
comment in  
someone else's  
book

3

Show an  
adult she  
trusts

## Number two:



Kwaku is playing Roblox on his mum's tablet. Someone sends him a message saying, "You're rubbish at this game. Get off. No one wants you in the team." **What should Kwaku do?**

1 Take the tablet to his mum and show her

2 Reply to the message

3 Play a different game

# Number three:



Oscar was playing tag in the playground but when he tagged people they didn't stop and carried on playing. They ignored him then told him to go away. **What should Oscar do?**

1 Go and tell the teacher on duty

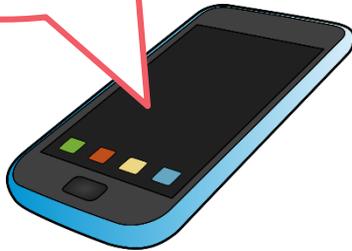
2 Shout at the children ignoring him

3 Find someone else to play with

# Number four:



“No one likes you. Don’t come to school tomorrow.”



Naomi sees a nasty message pop up on her sister Tia's phone. It says, “No one likes you. I wouldn’t bother coming to school if I were you.” There are lots of other messages like this on Tia’s phone from the same person.

**What should Naomi do?**

1 Tell her sister to talk to someone

2 Take the phone and show it to their parents

3 Give her sister a big hug

# Need more information or someone to talk to?



## Pupils

**Remember, you can always talk to a trusted adult, like a teacher or a family member, if you are at all worried about anything.**

If you need to talk to someone and you're not sure who to go to, call Childline, a confidential helpline for children, on **0800 1111** – they are open 24/7 (all the time!)

[www.childline.org.uk](http://www.childline.org.uk)

Visit The Anti-Bullying Alliance's pages to find out more about bullying and how to get help:

[www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied](http://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied)