

Cyber Bully Be Gone

TEACHERS NOTES

Introduction

Cyber Bully Be Gone is a theatrical performance using comedy, music, magic, and audience participation to make students aware of the newer types of bullying emerging in the 21st Century and how to avoid becoming a victim.

As well as looking at practical approaches students can use if ever confronted by bullying over **phone, text message, email, or social networking**, this performance builds on techniques used to combat traditional bullying, found in TIE's long-running "Bye Bye Bully".

The Play

The performance begins with one character who has resolved their bullying issues advising one who hasn't, that the first steps towards a solution are developing personal **resilience** and having a handy **list of practical measures**, so that students reactions can be both calm and proactive.

The victim is sent on a journey to find the wisest man in the world, who will share the secret of how to rid yourself of a cyber bully.

The Journey

Along the journey, our hero comes up against his nemesis, Bernie Bottom, who thwarts the hero's progress by a variety of bullying techniques.

First, the bully sends **text messages** insulting the victim's personal appearance, and shares the joke with his friends. Next the bully uses **direct verballing**. He then writes lies about the victim on his **Facebook** Page, where everyone can read it.

Finally, Bernie uses **physical** bullying, (trying to sink the victim's boat), at which time our hero is tricked or blackmailed into sharing his Facebook **password**.

The Misty Mountain

Finally, we make it to the Misty Mountain, but finding that the wisest man in the world is out, his assistant attempts to help, by looking up the answers. A series of interactive magic tricks allows the assistant to establish which book and which page will have the best response.

The answer is to write down, on something you usually have handy, the steps to take when bullying takes place. The assistant has done so on his magic wand, but since not many people carry wands these days, it is suggested that the victim writes his reminders into his mobile phone.

Practical Measures

The characters now engage in role-play, including sections with audience participation, to establish a list of practical measures;

1. **Turn Off** your mobile phone at night and other times when you don't actually need it to be on. This means that you won't allow bullies to catch you by surprise, and they may well simply lose interest in trying to contact you.
2. **Do Not Reply** to phone calls or text messages from bullies. Bullies only get what they're looking for from your reaction, so if they get no reaction, they may well stop.
3. **Caller I.D.** is a function on your phone that can be set up to tell you when a call is from someone you know to be a bully, so you know not to answer. You can also stop your own number appearing on other people's caller I.D. , so that only people you tell your phone number to, will know it.
4. **Keep Messages** that are sent to you by voicemail, text or social networking sites, so that you have proof that might be used against bullies, to stop them doing it in the future.
5. **Report** all cases of bullying to your parent/guardian, or if during school hours, a teacher. They will take action for you to stop it happen, and help you feel that you are not alone. If the bullying is bad enough, you can also report it to the police.
6. **Passwords** and pin numbers you may use to access websites, email, or your phone, must always be kept secret, so that other people can't read

or change private information about you, or even impersonate you and steal your I.D.

7. **Ssshhh!** *Don't write anything to personal about yourself on websites or chats that other people can see, or bullies will know how to contact you and what hurtful things to say*
8. **Privacy Settings** *on websites like Facebook will also help you to keep personal information from being read by the wrong people.*
9. **Block** *email addresses from bullies and any email they write to you will never make it to your Inbox.*
10. **Change Email** *addresses, if you start receiving bullying emails. Free webmail addresses like Hotmail or Gmail are best, because they make it easiest to change.*

The Return

Armed with several other handy hints, including; to stay in your **comfort zone** of family and friends at times when you are being bullied, and to **clap strongly** for resilience before taking action, our hero makes his return journey.

Bernie's attempts to bully fail this time, and making it home, our hero meets up with his original friend.

Best Sources

www.cybersmart.gov.au
www.stopcyberbullying.org
www.cyberbullying.info/tips/tips.php