**Lesson plan: Cyberbullying**

**School:** Hilstad, Norway

**Teachers:** Siri Nepaas, Elisabeth Eliassen

**Age group:** 13-15

**Aims of the activity:**

- get to know our students` habits on social media

- discover how their experiences have been

- discuss possible dangers using social media

- talk about how we can support each other, how we can empower each other

**Materials used/persons involved:**

* Questionnaire on Socrative, iPad, teacher debate group, guest lecturer – youth psychologist

**Activities:**

1. All of the students participated in the questionnaire. Our main aim with the questionnaire was to discover if the students had had any hurtful or traumatic experiences using social media.
2. Teacher debate group: After the questionnaire the teachers joined to debate which questions we wanted to focus on through the forthcoming lessons. We chose the following topics:

• how to support each other, how to empower each other

• how to communicate on social media

• inclusion/exclusion

1. Lessons with the topics above. Discussions and debates in the classroom.
2. Guest lecturer. A youth psychologist spoke about how our minds are affected by hurtful experiences in general and on social media.