

# Ways of getting help

Ages 5–8



THE CYBERSMILE FOUNDATION

# Ways of getting help

## OBJECTIVE

To learn about the different ways to get help.

## OUTCOME

To know why cyberbullying needs to be reported.  
To understand the importance of not giving up until the cyberbullying stops.

# Cyberbullying

**What can you  
do to get help  
for cyberbullying**

# Cyber victim

**What might  
happen if you do  
not ask for help**

15 MINS

5-8 YRS

# Ways of getting help

## OBJECTIVE

To learn about the different ways to get help for cyberbullying.

## OUTCOME

To know why cyberbullying needs to be reported.

To understand the importance of not giving up until the cyberbullying stops.

## MATERIALS

Paper, coloring materials, pencils, erasers.

## INSTRUCTIONS

1. Introduce the exercise to the children, and present the objectives and outcomes.
2. Ask the children to draw pictures of what they can do to get help for cyberbullying. Give them some ideas if they appear to be struggling, for example, speaking to a parent or teacher, or reporting the cyberbully online.
3. Ask each child to show their pictures to the others in the room.
4. Discuss with the children what is bad about not asking for help. Here are some examples -
  - Cyberbullying can get worse, it can make the cyber victim feel more sad, more people may join in cyberbullying the cyber victim, and the cyber victim may feel very alone.
  - It can affect the cyber victim's school work, and the cyberbully can bully other people if they are not stopped.
5. Ask the children what they could do if telling one person did not stop the cyberbullying. For example, they can tell a different person (i.e. a parent/another teacher/mentor/friend).
6. End the exercise by emphasizing the importance of telling someone if they are being cyberbullied and to not give up until the cyberbullying stops.

## EVALUATION

Ask the children to pair up and show one another their drawings. Get them to look at what their partner has drawn, and say what way(s) you can get help for cyberbullying. Then ask them to compare this with their own drawings.