

A colorful illustration of a diverse group of young people in school uniforms. Some are looking at smartphones, while others are talking or looking thoughtful. The background features a blue sky with clouds and green trees. The entire scene is framed by a geometric pattern of overlapping triangles in various colors (yellow, red, blue, green).

# RESPECTFUL ONLINE COMMUNICATION & CYBERBULLYING



An Roinn Oideachais  
Department of Education



Co-financed by the European Union  
Connecting Europe Facility



Safer  
Internet  
Day

# WHAT'S ON THE AGENDA?



Welcome

Respectful Online  
Communication &  
Cyberbullying

Webwise Resources

Questions



# PROMOTING A BETTER INTERNET

## OUR APPROACH



01

### EDUCATIONAL PROGRAMMES

Create free curriculum aligned educational resources for primary and post-primary schools.

02

### TEACHER TRAINING AND CPD

Provide information, advice, CPD for teachers and school leaders.

03

### YOUTH TRAINING PROGRAMMES

Run a peer-led internet safety training programme and Youth Advisory Panel.

04

### SAFER INTERNET DAY

Drive and promote participation in Safer Internet Day.

05

### WEBWISE PARENTS

Provide free, up to date, trending information and advice for parents, teachers and young people.

# TEACHER TRAINING & SUPPORT

## PDST SCHOOL SUPPORT

Schools may apply for a school support visit from a PDST Digital Technologies or Health & Wellbeing Advisor.

## ONLINE COURSES AVAILABLE VIA TEACHERCPD.IE

- \*NEW: Introduction to Digital Citizenship Education (Primary) available during summer time course

## SCOILNET.IE

Scoilnet is the Department of Education and Skill's official online portal for Irish education and contains over 20,000 resources mapped to the Irish curriculum.



A decorative geometric pattern in the top-left corner consisting of overlapping triangles in shades of red, orange, yellow, and pink, some with white outlines.

## **Dr. Seline Keating**

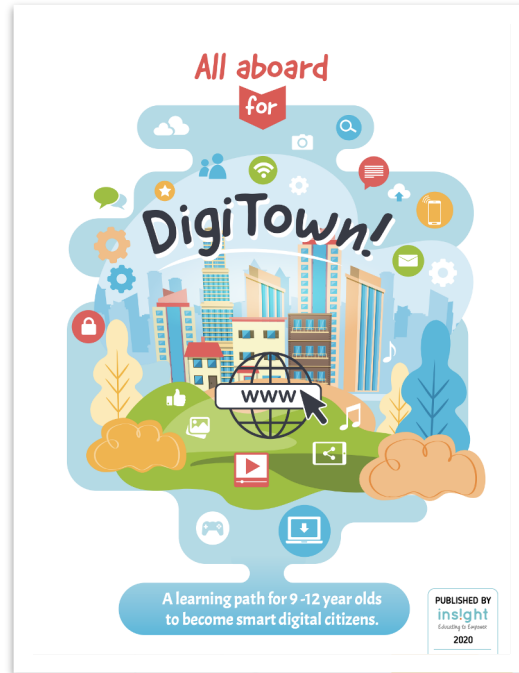
Assistant Professor in Social Personal and Health Education (SPHE) and Wellbeing in DCU Institute of Education, current Chairperson of the SPHE Network & Research Fellow for the National Anti-Bullying Research and Resource Centre.

# Our Resources – Primary

[www.webwise.ie/teachers/resources/](http://www.webwise.ie/teachers/resources/)



HTML HEROES



DigiTown



MySelfie and the Wider World

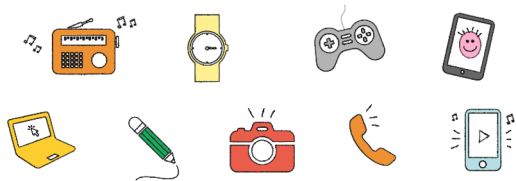
# HTML HEROES: 1st & 2nd Class

## Lesson 4 Chatting Online

HTML HEROES

### ACTIVITY SHEET 4.1: HOW WE TALK ONLINE

1. Find and circle the tools below that can be used to communicate online using the internet.



2. Then pick 3 of the tools you can use to communicate online and list one way you can communicate online.

An example is given for you here:

TOOL: Computer

TYPE OF COMMUNICATION:  
Send an email

1.TOOL:

TYPE OF COMMUNICATION:

2.TOOL:

TYPE OF COMMUNICATION:

3.TOOL:

TYPE OF COMMUNICATION:

75

HTML HEROES

### ACTIVITY 4.4: DESIGN A BE KIND ONLINE POSTER (2ND CLASS ONLY)

#### TEACHER'S NOTE:

It is recommended that the following lesson activity is appropriate for 2nd class only.

#### STEP 1.

Explain to pupils that while it's great the internet provides lots of different ways for us to communicate, for example, through text and voice note messages, pictures, videos and emojis, sometimes it can feel like chatting on the internet takes on a language all of its own. We must keep in mind that because we can't always see or hear the person as we are communicating with them online like we can in real life, it's easier for things to be misunderstood or taken the wrong way. That's why it's just as important to make sure we are kind and considerate of other people's feelings when chatting online as we are when chatting to people face-to-face.

Ask pupils to think about what being kind means to them. What images appear in their mind? Elicit and record feedback on the board. Now ask them what being kind might sound like and share their suggestions with their partner. Elicit feedback and record. Finally, ask them to think about how being kind makes them feel. Invite pupils to share with another person in their group and, again, elicit and record on the whiteboard. Further prompt questions could include asking pupils to think about the last kind thing they did for someone else.

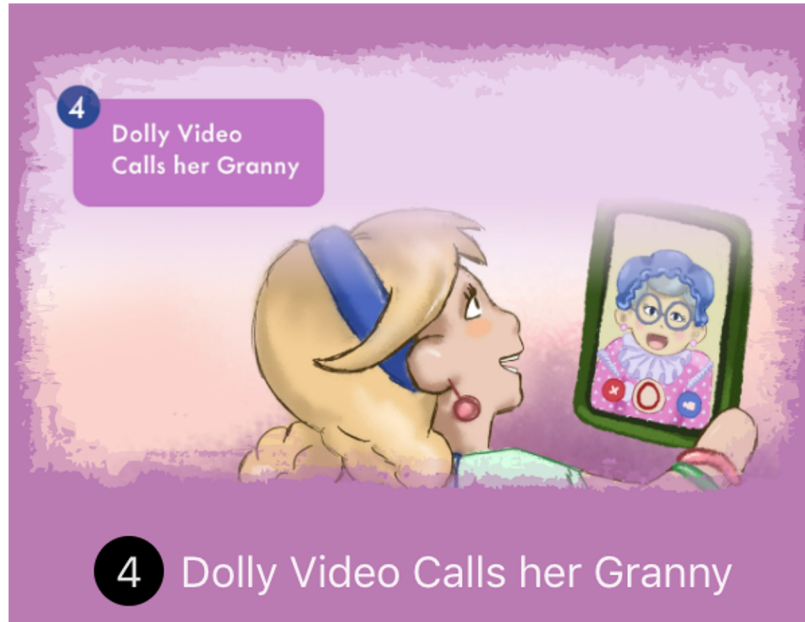
#### STEP 2.

Next, ask pupils to think about what kindness could look like online. Prompt pupils by asking them to think of a recent example of kindness they saw online - it could be keeping in touch with an elderly relative living on their own, giving someone a compliment, sharing good news with family and friends e.g. a picture or video of a birthday party, doing something for charity, etc.

Again, use the think, pair, share strategy to gather pupils' feedback on this and collate responses on the whiteboard. Conclude by emphasising that how you treat people doesn't change in the online world - being kind and showing respect to friends and others is just as important online as it is offline. We should never make mean and nasty comments about others online. Never respond to mean comments and messages. Show them to a trusted adult. It's important not to keep secrets online - always tell a parent or guardian if you see something mean or upsetting online.



79



# HTML HEROES: 1st & 2nd Class

## Top Tips for Safe Online Communication

### STOP, THINK, CHECK!

- Always check and get permission from a trusted adult before you decide to connect to the internet to chat with someone online.



Only talk to people online that you already know in real life.



If you want to use a digital device to chat to someone, make sure **an adult is present** while chatting online.



Be kind and show respect online. Never make mean and nasty comments about others online. Never respond to mean comments and messages. Show them to a trusted adult.



It's important not to keep secrets online - **always tell** a parent or guardian if you see something mean or upsetting online.



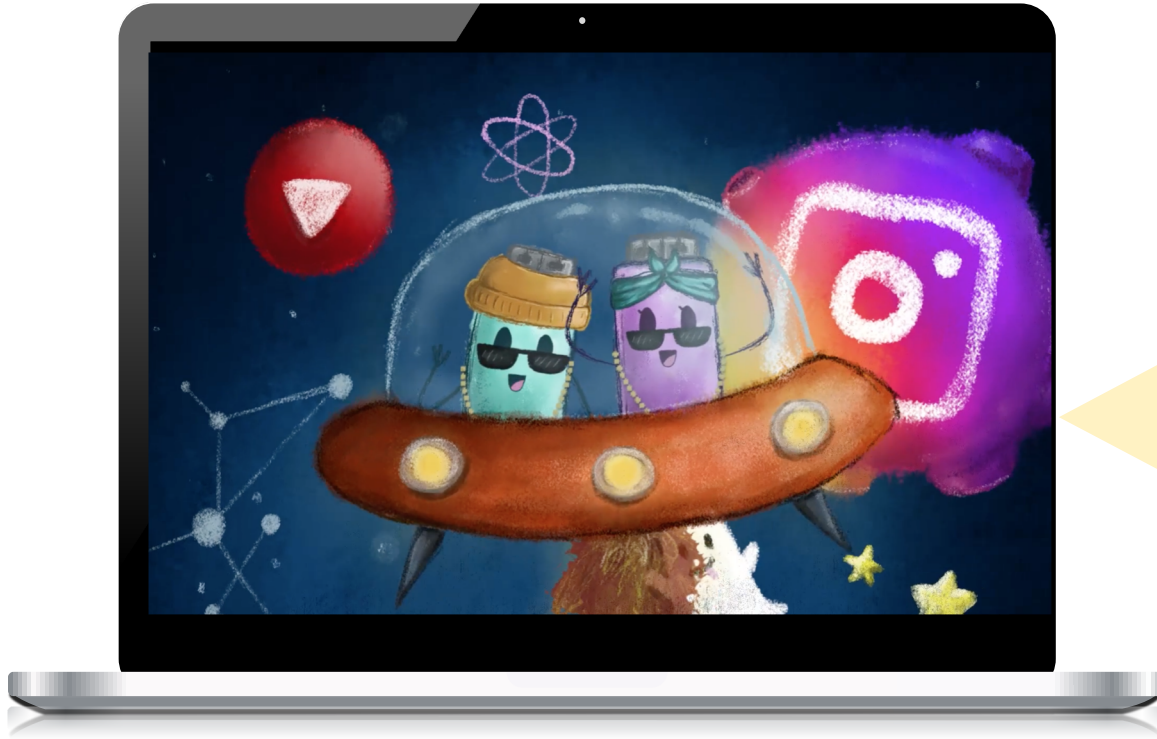


# HTML HEROES 3rd & 4th Class

## Lesson 6: Respectful Online Communication

### What is cyberbullying?

Click the link to play: <https://vimeo.com/350101859>




# HTML HEROES 3rd & 4th Class

## Lesson 6: Respectful Online Communication

### Archie and Ruby's Top Tips for How to Deal with Cyberbullying - Discussion Time

**Don't Reply**

Don't reply to messages that harass or annoy you - This is exactly what the sender wants. If you respond with an even nastier message it makes them think that they really got to you, and that's just what they want. They might even complain about you!



### Role Play 'Cyberbullying Situations'

#### Cyberbullying Role Play:

- Brainstorm and script a cyberbullying scenario to role play
- Discuss ways to handle the situations without fighting
- Include advice on what action to take and how to get help.



Listen to the 'I Like It' rap again.

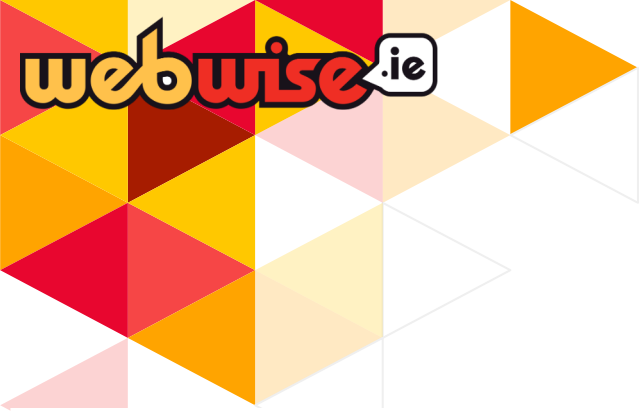
Drag the actions below into the correct boxes - things you should or shouldn't do online.

Drag and Drop

Should Do ✓	Should Not Do ✗
<input type="text"/>	<input type="text"/>

Tell someone you trust if you see something online you don't like.	Reply to mean messages from bullies.
Let bullies upset you without taking action.	Block trolls and people who bother you online.
Stay silent if you are having problems online.	Report anything that upsets you to the website or app you're using.

[Check](#)



# Respectful Communication Online

## Golden Rules of Chatting Online



1. Always respect other people's feelings on the internet.
2. Not everyone you meet on the internet is who they pretend to be.
3. Never meet someone in person you've only known online.
4. If you receive a message that bothers you:
  - STOP** – don't reply to the message but do take a screenshot
  - BLOCK**– block the sender
  - TELL** – a trusted adult



## All Aboard Digitown Chapter 2: Wellbeing Online



### Activity 9 Play the Empathy Game

**START**

I always treat others as I would like them to treat me.

Who cares about how others feel?

Why should I help somebody in need?

Congratulations!

Thanks for understanding me.

Thanks for sticking up for me when others were being mean.

If only everybody would be as kindhearted as you.

We will solve your problem together.

I'm sorry, but I don't have time to help you.

I care, and will always be there for you.

I sympathise with you.

I treat other people the way I want to.

It's not such a big deal that you got sick.

If people are being mean to you, you probably deserve it.

You aren't really good at anything.

I can see you are upset but it's probably your own fault.

If people are being mean to you, you probably deserve it.

I don't feel sorry for you.

I don't feel sorry for you.

Min: 2 players Max: 6 players

To play the **Empathy Game**, you will need a dice and a token.

- Each player rolls the dice. The player with the highest number begins.
- Players roll the dice in turn and move their token forward clockwise counting the squares. Throwing a 5, for example, will take the player to tile 5.
- a) When players land on a green tile, that's great. Their token can stay on that tile.  
b) When players land on an orange tile (a negative message), they go back to their previous position. They roll the dice on their next turn, but have to call out a positive message to counteract the negative one before moving forward again.
- The winner is the one who reaches the "Congratulations!" tile first.

**Tokens**

Choose one of these objects, copy it onto cardboard and cut around it to create your token.



### Exercise 14 Putting feelings into words and emojis

Feelings are important, but it's more difficult to show and understand them online. **Choose the emoji that would best show how you feel in the following situations.**



From the group of emojis above, choose the one that best matches how you would feel. You may use each emoji only once.

- You receive a contact request from a stranger [ ]
- You have been using an electronic device for too many hours [ ]
- You are chatting with your friend [ ]
- You are reading fake news [ ]
- You are playing a game outdoors with your family [ ]
- You get hacked [ ]
- You receive a safety update from your device [ ]

**Work with a partner or in a group to respond to these questions.**

- Did you both/all choose the same emoji for each sentence?
- Can emojis express your feelings well? Or can you express them better in face-to-face communication?
- What five feelings do you express the most often when you are communicating on the internet?

1. 2. 3. 4. 5.

### Exercise 16 Netiquette – being polite and respectful online



I love being online because I can be who I want and do whatever I want.

That's not really true @nna. You may be visible to thousands of people. And remember, what you do online may be there forever.

Rob the Robot is almost always online. He has created a puzzle to teach us about some of the basic rules that will help us keep a positive online presence.

The rules about how to behave properly online are together called "network etiquette", or just "netiquette". Some of these rules are meant to protect our rights, privacy and personal data. I want you to colour the boxes of this type of rule in blue. Other rules are about our well-being, and the well-being of others. Colour these in green. Some aren't rules at all, just the opposite! Colour these in red.



- |  |  |
|--|--|
| 1. I shouldn't share my personal information with everyone.  | 2. I should watch the time I spend online.                       |
| 3. I should use a strong password.   | 4. My digital footprint will stay with me through my whole life. |
| 5. I should always be polite online.   | 6. I can say what I like online because I'm anonymous.           |
| 7. When I send emails to several people at once, if they don't know each other I hide their addresses. |  |
| 8. When I receive an unfriendly message, I answer back.  | 9. It's not a problem to share personal information.             |
| 10. Whenever I post things online, I think about my reputation.  | 11. I treat others with respect online.                          |
| 12. I ask for permission before posting photos of others.  | 13. I avoid making jokes that could be misunderstood.            |
| 14. I think before I post, and check if my post could be taken the wrong way.                          | 15. I use appropriate language.                                  |
| 16. Emojis can be used to help show feelings.  | 17. I check the copyright notice before downloading music.       |
| 18. If strangers try to connect with me I block them.  | 19. When I see someone being bullied I step in to stop it.       |
| 20. I don't forward junk mail or spam.   | 21. I don't share information online unless it's trustworthy.    |

**Work with a partner or in a group to create a poster of 10 top netiquette tips.** You can put it on the classroom wall or take it home to your parents. Adults sometimes need to be reminded of netiquette too!

# MySelfie and the Wider World



LESSON 1: MY ONLINE WORLD

---

LESSON 2: WHAT IS CYBER BULLYING?

---

LESSON 3: HOW BULLYING FEELS FOR THOSE INVOLVED AND HOW BEST TO RESPOND

---

LESSON 4: YOU'VE BEEN FRAMED: RESPONSIBLE DIGITAL PHOTO SHARING

---

LESSON 5: #UP2US: AGREE AN ONLINE CODE

---

## Lesson 4: You've been framed Chatting Online The Photo

Watch the video (available here: <https://vimeo.com/109564466>) and consider:

- Why did Jack share the photo in the first place?
- Why did Cathal attack Jack in the playground?
- In the end, both Cathal and Jack ended up getting into trouble. Was this fair?
- After the photo had been shared, what could Cathal have done to make sure the situation didn't get out of hand?





### **FYI: Key advice for children:**

**//:Don't reply** to messages that harass or annoy you. Even though you may really want to, this is exactly what the sender wants. They want to know that they've got you worried and upset. They are trying to mess with your head, don't give them that pleasure. If you respond with an even nastier message it makes them think that they really got to you, and that's just what they want. They might even complain about you!

**//:Keep the message:** You don't have to read it, but keep it. If you keep getting messages that upset you, you will need to have evidence in order to get help. Teachers, principals, website owners, mobile phone companies and the Gardaí will all look for evidence before they will be able to take any action to help you.

**//:Block the sender:** You don't need to put up with someone harassing you. If you are getting messages that upset you on your social networking profile or on apps you can usually block the person simply by clicking the block button. On some mobile phones you can block a caller's number. You might need to check the manual or ask an adult to help you do this.

**//:Tell someone you trust:** Talking to your parents, friends, or someone you trust is usually the first step in dealing with any issue. In the case of school related bullying messages you should also talk to a teacher you trust or guidance counsellor. If you need to speak to someone straight away please call Childline on 1800 66 66 66.

**//:Report problems** to the people who can do something about it. You can take control, by not putting up with offensive content and by reporting it when you come across it. Responsible websites and mobile phone operators provide ways for you to report things such as bullying content, or other nasty material.



## MySelfie & the Wider World

### Key advice for children experiencing cyberbullying





# Online Safety Resources



# Resources For Parents

## Webwise.ie/Parents

Welcome to the Webwise Parents Hub!

Here you'll find all the information and support you need to ensure your child makes the most of their time online. Get started by downloading our parents' guide here.

[Download Guide](#)

- The Experts
- Get Informed
- Get Advice
- Have the Chat
- How To
- Publications

webwise.ie  
Parents' Guide to  
**A Better Internet**

webwise.ie

ONLINE SAFETY TIPS FOR PARENTS

- 1. GET INFORMED**  
Get started by visiting [webwise.ie/parents](#). You'll find expert advice, how-to guides, explainers and helpful talking points for parents.
- 2. HAVE THE CHAT**  
Have regular conversations with your child on the important things to look out for online and any potential risks.
- 2. AGREE RULES**  
Agree on a clear set of rules in your home about internet use and around screen-time. Remember the importance of a healthy balance!
- 4. ASK FOR HELP**  
Reassure your child that they can always come talk to you about anything that comes up online.
- 5. LEAD BY EXAMPLE**  
Do as you say! Modelling behaviour is the most powerful way you can influence your child's behaviour.
- 6. JOIN IN**  
The internet is a great resource for children! Play your child's favourite computer game and discover the online world together.

Visit [webwise.ie/parents](#) for more expert advice, support and resources

Co-financed by the European Union Connecting Europe Facility

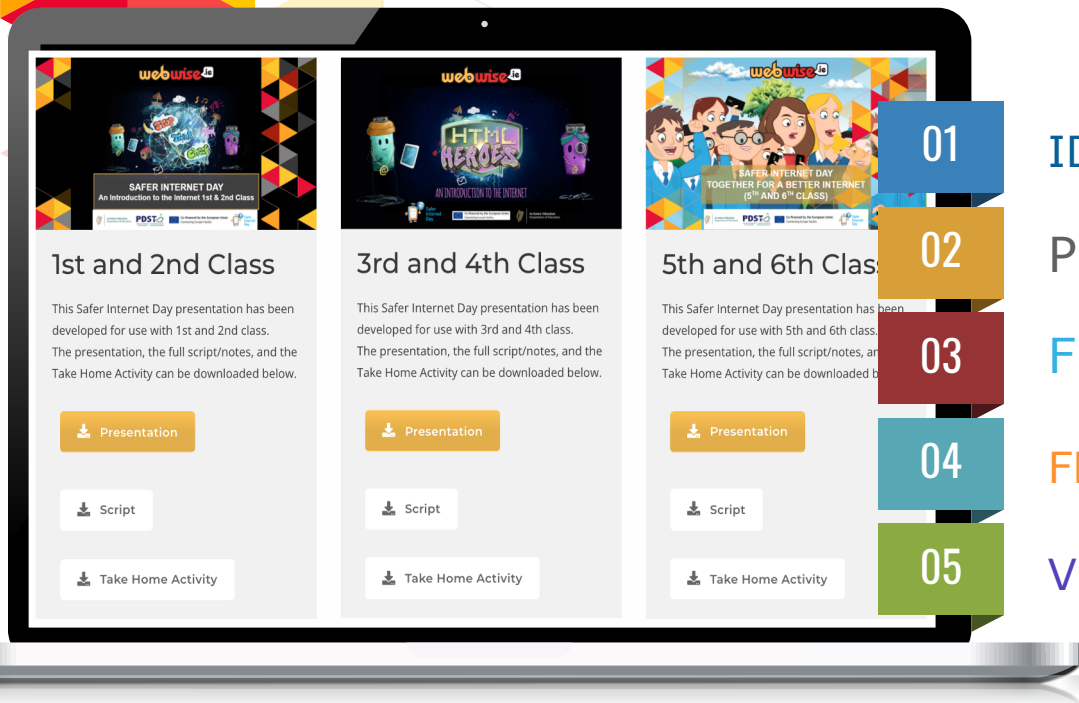
webwise.ie

**Webwise // Parents**

Co-financed by the European Union Connecting Europe Facility **PDST**

# Getting involved in Safer Internet Day

[webwise.ie/saferinternetday](http://webwise.ie/saferinternetday)



01

IDEAS & INSPIRATION

02

PLAN YOUR CAMPAIGN

03

FREE RESOURCES

04

FREE SID WRISTBANDS

05

VIDEOS & PRESENTATIONS

## ANY QUESTIONS?

### NEXT STEPS...

Familiarise yourself with the relevant school policies (AB Policy, Code of Behaviour, AUP, etc.)

Order/Download Webwise resources

Sign up for training and support via PDST or [teachercpd.ie](http://teachercpd.ie)

Visit the Webwise Parents Hub

Promote an a positive school environment & get pupils involved in Safer Internet Day



01

02

03

04

05



An Roinn Oideachais  
Department of Education



Co-financed by the European Union  
Connecting Europe Facility

# THANK YOU FOR JOINING US

[Janemcgarrigle@pdst.ie](mailto:Janemcgarrigle@pdst.ie) // [tracyhogan@pdst.ie](mailto:tracyhogan@pdst.ie)

[@Webwise\\_Ireland](#) // [Webwise Ireland](#)



This work is made available under the terms of the Creative Commons Attribution Share Alike 3.0 Licence <http://creativecommons.org/licenses/by-sa/3.0/ie/>. You may use and re-use this material (not including images and logos) free of charge in any format or medium, under the terms of the Creative Commons Attribution Share Alike Licence.

**webwise**.ie