



Internet Safety: Let's Start A Conversation

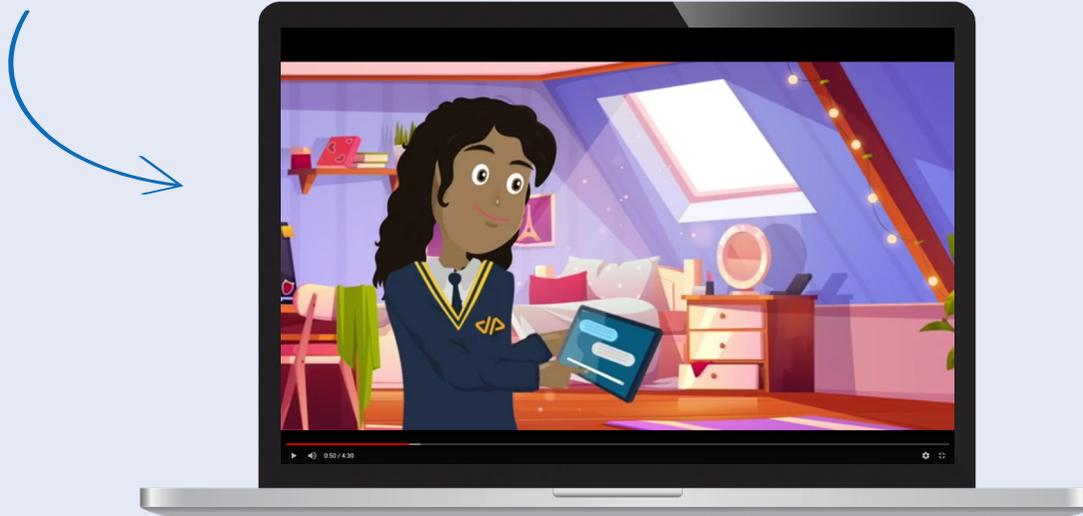


Grade 5
Discussion Guide



How to Use This Guide

Together, watch the short video, *The Power of Positive Actions - Helping Others Online*, and then use the Conversation Starter Questions and Themes to Reinforce the Learning to facilitate your conversation. You can also use the Conversation Starter Questions and Themes to Reinforce the Learning to spark a conversation without watching the video.



Video Description

One character is getting random inappropriate comments from someone whenever they go online. They have also been asked to send an inappropriate picture of themselves. They have been trying to delete and block the messages, but they keep appearing. The person sending the messages has indicated that they know where the character lives. The character has confided in their friend and now their friend must decide what they should do to support their friend and help them deal with this hurtful situation.

Conversation Starter Questions

- How can harmful comments and behaviours impact someone who is the target of the comment or behaviour?
- How might a person's actions affect their and others' feelings, self-concept, mental health, and/or reputation?
- How can you use your skills to deal with threatening situations?
- How can you positively and safely respond to support someone who is being subjected to hurtful comments or behaviours when online?
- What people or services are available in our community to help someone who is affected by another person's harmful actions?

Themes to Reinforce the Learning

Your child will have discussed some of these ideas and strategies as part of their learning. Consider including them in your conversation with your child to support their learning and encourage them to apply these strategies at home:

- Positive comments can make someone feel happy, good about themselves, feel included, proud of their work, and motivated to keep trying to overcome challenges.
- Helping someone with a problem makes them feel that they can count on you for support.
- Doing nice things for others makes people want to be around you.
- Having a positive attitude towards other people can make you feel good about yourself.
- Always being negative or putting other people down reflects badly on you and can make you feel worse about yourself.
- Negative comments can hurt someone's feelings, make them feel badly about themselves, feel isolated or depressed, that they don't belong or are not accepted.
- Hurtful comments can impact what other people think of them, cause them to lose friends, hurt their reputation, can cause people to make assumptions or continue to promote prejudice.
- Making comments that are inappropriate to someone online or sharing an inappropriate picture isn't right.
- Saying something or doing something online that is mean or embarrassing to someone else is cyberbullying.
- A person can be really scared and upset if they are a target of online bullying and harassment.
- Standing up for someone who is being bullied or harassed makes them feel that they matter and they're not alone.
- If someone is experiencing cyberbullying or is being threatened online, they should immediately tell someone.
- Different ways to deal with cyberbullying and harassment if it happens to you or someone else or you see it online are:
 - Stand up for the person being harassed.
 - Get offline and get help from a trusted adult.
 - Report the incident to police or someone at their school.
 - Support the person being targeted and tell them to stand up for themselves and confront the person.
 - Contact a helpline for advice.

- Some ways to positively and safely respond to support someone who is being subjected to homophobic, racist, or sexist comments or cyberbullying behaviours when online are:
 - Listen to the person and talk about ways they can stand up for themselves.
 - Stating firmly that it's not okay to say things that are racist, homophobic, or sexist even in a joking way.
 - Stand up for the person if you see or hear about cyberbullying.
 - Get help by telling a trusted adult.

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