



Co-funded by the  
Erasmus+ Programme  
of the European Union

**STRATEGIC PARTNERSHIP BETWEEN SCHOOLS  
KA2 ACTION, ERASMUS+ PROGRAM  
THE VIRTUAL UNIVERSE WE WANT  
PROJECT NO: 2016-1-RO01-KA219-024515**

**PORTUGAL**

**KEY ACTION 2 – STRATEGIC PARTNERSHIP IN THE FIELD OF EDUCATION, TRAINING AND YOUTH  
THE VISTUAL UNIVERSE WE WANT  
LESSON PLAN FOR “CYBER BULLYING AND SAFE NET”**



Objectives	Contents	Activities	Target audience	Timing
<p><b>Main learning objectives:</b> <i>Students should be taught ...</i></p> <ul style="list-style-type: none"> <li>- to analyse, debate cyber bullying and use a safe Net;</li> <li>- to be aware and start a transition from a <i>bystander</i> to an <i>upstander</i> position.</li> </ul> <ol style="list-style-type: none"> <li>1. to define cyber bullying</li> <li>2. to identify types and consequences</li> <li>3. to promote a preventive, updated and responsible behaviour concerning the use of mobile devices.</li> <li>4. to promote students' active participation, communication and group/plenary discussion.</li> <li>5. to develop self-esteem and respect for other people.</li> </ol>	<p><b>“Digital Safety” (Segurança Digital) and Cyberbullying:</b></p> <ul style="list-style-type: none"> <li>- Risks taken when using the Net;</li> <li>- How to identify and avoid them;</li> <li>- How, when and to whom report the abuses;</li> <li>- Supporting legal links.</li> </ul>	<p><b>Cyber bullying – what is it?</b></p> <p><u>1<sup>st</sup>. Activity</u> Breaking the Ice by crumpling a sheet of paper.</p> <p><u>2<sup>nd</sup>. Activity</u> Watching short videos and comics.</p> <p><u>3<sup>rd</sup>. Activity</u> Group/plenary discussion.</p>	<p align="center">Secondary/High school students</p>	<p align="center">50 minutes (= 1 lesson)</p>