



The goal of this Study Guide is to facilitate for students of teenage years a better understanding of issues such as, Addiction, LGBTQ Community , First Nation Issues, Mental Illness such as anxiety, depression, self-harm, and suicide. The Unit is comprised of 13 short videos depicting a reenactment of real life experiences intended to help reduce stigma surrounding these topics and continue to promote an environment of greater understanding, support and acceptance in our society today.



Teens 101 Study Guide

Episode 12 – Social Media Bullying – Cristina’s Story

Episode #12 – “Social Media Bullying” (Cristina’s Story)

At the age of 13, a boy approached Cristina asking her to be his girlfriend. She declined the boy’s offer and he became angry, threatening that she would regret it. One day Cristina came to school and everyone eyed her every move. Whispers in ears and people laughing at her, she felt something was terribly wrong. A friend finally told her this boy had circulated a nude photo on line saying that it was Cristina although the person’s face was not seen. She was mortified and ran home. She thought that her parents, the school and even the authorities would be able to put a quick stop to it, but she was wrong because online bullying sometimes makes things go on longer. This devastation turned her into a tormented young woman who could not escape the rumours for 7 years. It destroyed her life as a teenager and broke her spirit and ultimately, she did not want to live life anymore.

Learning Goals:

After taking the quiz entitled " How much do you know about bullying" and after viewing Episode # 12 and discussing his/her responses with the class and the teacher, the student will understand how bullying occurs, know how bullying affects his/her teenage brain and be able to provide strategies to deal with the emotional scars that bullying may cause in order to have a successful outcome for the victim of bullying.

Prior Learning:

Prior to the viewing of Episode # 12 the student will potentially have an understanding of bullying through different forms of media, through possible personal experiences and his/her own opinions and perceptions of bullying.

Minds On:

Before the viewing of Episode # 12 the student s will have taken the quiz entitled "How much do you know about BULLYING"(See worksheet # 12a) and have discussed with other students and the teacher some facts and misunderstandings about bullying.



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Action:

The students will be given questions on Episode #12 (See Worksheet #12b). Discuss with the students that they will have to respond to the questions as they are watching the Episode and be prepared to discuss their responses following the episode.

Following the discussion of the Episode the students will complete the following activity.

Anti-Bullying -“Take 1/Take 2 !”

This activity can be used to further explore reasons as to why people bully. Place the students into small groups and have the students create an anti-bullying skit for the class. The students will have two versions of the role playing scenario. One take will be **what not to do** in the given situation and the other take will be **what to do** to combat bullying and its harmful effects.

Examples of possible scenarios can be as follows:

Scenario #1: Student A is sending Student B abuse on Instagram. Student C sees the abuse but isn’t really sure what to do. The issue continues in school when Student A encourages Student C to say nasty things to Student B. In the first scenario Student C goes along with the bullying by Student A. In the second scenario the students come up with constructive ways that Student C could help Student B.

Scenario # 2. Student A is having a difficult time at home arguing with his/her parents. In response, Student A feels angry and has no one to talk to. He or she takes his/her anger out on Student B and in class. Student C who is a friend of Student A’s witnesses everything. In the first scenario, Student C goes along with his/her friend or ignores Student A’s bullying of Student B. In the second scenario Student C advocates for Student B and utilizes other strategies to combat bullying behaviour like making the teacher aware of the situation that has happened in class.



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Consolidation and Connection:

After each group has acted out both of their takes, bring the class back as a whole and discuss all of the useful ant-bullying strategies employed for each skit. Remind students that bullying is one of the thirteen topics that they can choose from for the final assessment assignment.



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Answer Sheet

How much do you know about Bullying? Worksheet 12a

1. Bullying is just a stage , a normal part of life that some people go through. **T/F (False- No one ever should be a victim of bullying).**
2. If you tell someone that you are being bullied it will just make things worse. **T/F (False-Telling a parent, teacher or councillor is the first step in recovering from being bullied)**
3. If you are bullied by someone you should bully them back and hit them if necessary. **T/F (False- Although it is always good to stand up for yourself, resorting to violence of any sort can end up in harmful consequences.)**
4. Certain people are born bullies. **T/F (False- Bullying is a learned behaviour and can be changed.)**
5. Victims of cyber bullying exhibit warning signs that parents should watch for, such as aggression, symptoms of withdrawal and lower grades than usual. **T/F (True)**
6. Most bullies bully online because they think they will not be caught. **T/F (True- 81 % of teens believe it is easier to get away with bullying on line).**
7. Almost 35% of teens have been threatened online, while 1 in 5 teens has experienced cyberbullying more than once and these numbers are increasing. **T/F (True)**
8. Bullying victims are between 2 and 9 times more likely to consider suicide than non-victims, according to study done by Yale University. **T/F (true)**
9. According to statistics nearly 30% of students are either bullies or victims of bullying and 160,000 kids stay home from school every day because of fear of bullying. **T/F (True)**
10. Bully-related suicide can be connected to any type of bullying, including physical bullying, emotional bullying, cyberbullying, and sexting, or circulating suggestive or nude photos or messages about a person. **T/F (True)**



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Episode 12 – Social Media Bullying – Cristina’s Story

Quiz 12a - How much do you know about Bullying?

1. Bullying is just a stage , a normal part of life that some people go through.

True	False
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2. If you tell someone that you are being bullied it will just make things worse.

True	False
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3. If you are bullied by someone you should bully them back and hit them if necessary.

True	False
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4. Certain people are born bullies.

True	False
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5. Victims of cyber bullying exhibit warning signs that parents should watch for, such as aggression, symptoms of withdrawal and lower grades than usual.

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True	False
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Episode #12 Questions-Christina Worksheet 12b

1. What happens to Cristina and why?
2. Instead of telling her parents about being Cyberbullied and bullied how does Cristina handle her issue?
3. How long is Cristina bullied for and how does she finally reveal what has been happening to her after all that time ?
4. What are some of the steps Cristina takes in ensuring that she will not be harassed again?
5. After Cristina tells her parents about being bullied, the police are notified. What do they do?
6. What advice does Cristina give to those that are being bullied?
7. Dr. K. describes the effects that cyber bullying and bullying in general have on the individual. Discuss in detail.
8. What mental health challenges does Dr. K. say that most people who bully, have themselves?