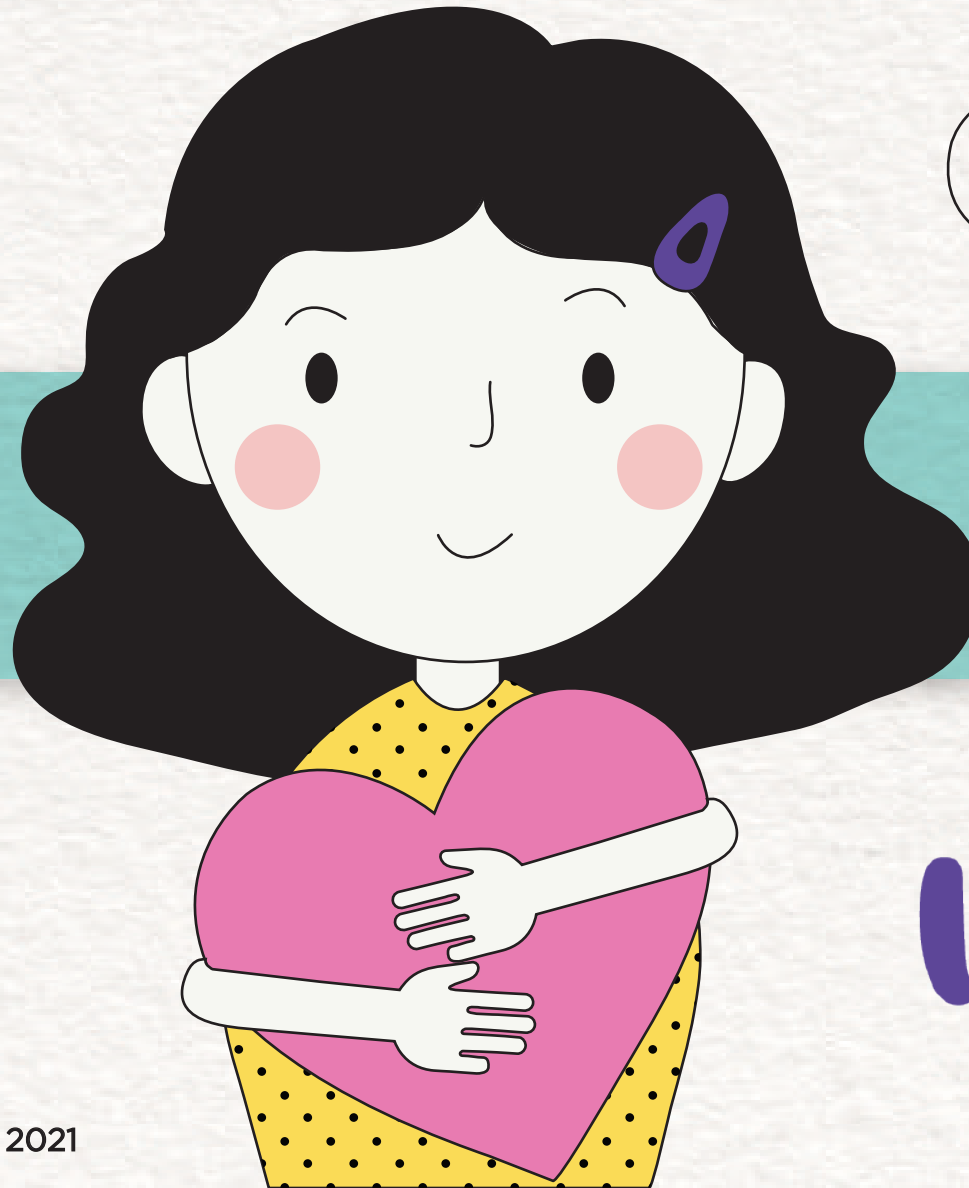


# COMPASSION

## Trolling, Hate Crimes and Bullying



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## What we are learning:

- How to be **compassionate** to others by making the right choices online
- How **compassion** and kindness online is the same as face-to-face
- How to respect ourselves and others - with kindness and **compassion**

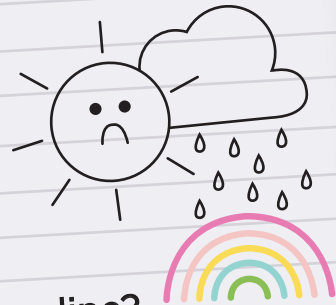
## Key Information

### Compassion

To have compassion means to empathise with someone who is suffering and to feel compelled to reduce the suffering.

### Benefits of Self-Compassion

- It increases motivation.
- It boosts happiness.
- It improves body image.
- It enhances self-worth.
- It fosters resilience.



*It reduces mental health problems, including anxiety, depression, and stress.*

### What does bullying look like online?

Online bullying is a form of bullying using electronic devices. This can be via messaging apps and social media and is an issue that has become increasingly common, especially among teenagers.

### What is trolling?

Trolling is when a person intentionally starts a quarrel on the internet by posting argumentative messages or by deliberately upsetting people or a group of people.

### What is hate crime?

A hate crime is a prejudice-motivated crime which occurs when a perpetrator targets a victim because of their social group or race.



## Did you know?

Teachers information. Information that is shared with the children is at the teacher's discretion

### Bullying Online

One of the first cases of online bullying was reported in 2006 when a fake MySpace profile was set up to harass 13 year old Megan Meier. The fake account was set up by Megan's friend's Mum who was also a neighbour. Megan committed suicide on 17th October, 2006, a few weeks before her 14th birthday.

Online bullying and harassment are huge problems for young people on social media. A 2016 report from the Cyberbullying Research Center indicates that 33.8% of students between 12 and 17 were victims of cyberbullying in their lifetime.

### Trolling

Trolls want a reaction. The best solution is to ignore trolls and to not give them the attention they want. This has become known as "don't feed the trolls". Sometimes trolling can get a user banned as it can be disruptive.

### Hate Crime

The police take hate crime very seriously and will record and investigate this offence.

True Vision is an organisation that has been developed so that you can report hate crimes online.

A report by Galop (2020) reported:

- 8 in 10 LGBT+ people had experienced online abuse.
- Among those targeted, 5 in 10 had experienced online hate more than 20 times. 1 in 5 had experienced more than 100 incidents.
- 6 in 10 were threatened with physical violence, and 4 in 10 received death threats or threats of violence.
- As a result, 4 in 10 people used their online accounts less, while 2 in 10 removed LGBT+ information from their profiles or left social media sites altogether.
- Less than half reported their experiences to social media platforms, and less than 1 in 10 reported to the police.





## Intended Learning Outcomes

### CHARACTER OUTCOMES

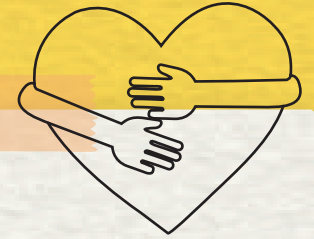
- To understand the impact that you can have on others online, and how to be compassionate
- To understand the character values of compassion and kindness are just as important online as they are face to face
- How to be kind to ourselves
- How being unkind to others can affect our happiness and wellbeing

### Links to Statutory RSE and Health Education 2019 ONLINE RELATIONSHIPS

- that people sometimes behave differently online
- that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online.

### RESPECTFUL RELATIONSHIPS

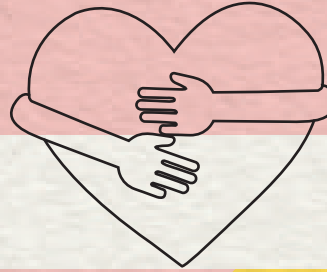
- the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.
- practical steps they can take in a range of different contexts to improve or support respectful relationships.
- the conventions of courtesy and manners.
- the importance of self-respect and how this links to their own happiness.
- that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.
- about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.



# Workshop 3: Compassion - Trolling, Hate Crimes and Bullying

## Introduction

### What is compassion?



To be compassionate is to feel deeply for another person as they experience the ups and downs associated with life. To be compassionate is to not just tell someone that you care, but also to show them that you care by being there before they even ask for it. Compassion is often linked to empathy and sensitivity to others and the idea of an emotional response. By practicing compassion, we can become more resilient and improve our overall well-being.

As a class define what trolling, bullying and hate crimes are. What differentiates each? (See Key Information section)

What character value do you need to display to prevent bullying/trolling someone online?

Some interaction in social media is negative. What is this called? How does this make you feel?





# Workshop 3: Compassion - Trolling, Hate Crimes and Bullying



## Character challenge



### Are you compassionate?

Every time you press send on an unkind comment, it will have an impact on the recipient.

In this character challenge you will understand how it feels to receive unkind messages and how this pushes you down the 'feel good' thermometer (indicated by markers on the hall floor)

Working as a team one team member will run to the 'bag of comments' at the front of the hall, retrieve one and return to the group to read it aloud.

If the comment is unkind then your whole team will move down the 'feel good' thermometer and also receive a 10 second penalty before being allowed to collect another comment from the bag.

If you receive a kind message, then you move UP the 'feel good' thermometer.

When the whistle is blown, all teams will stop at their current position on the 'thermometer.' As a team you will discuss how you feel and why. Write keywords on board/paper to share as a class at the end.

What does the 10 second penalty simulate? *Panic, anxiety, feeling low etc.* Discuss this as a class. Has anyone felt this when they have received an unkind message?

Compare where the teams ended up on the thermometer at the end of the activity. Could you control the unkind comments? What could you have done? *Talk to the children about options such as blocking/ reporting / talking to a friend, teacher, adult etc*

How did it make you feel when you received an unkind comment? Do you sometimes make the wrong choice in your response? What could we do to prevent a knee jerk reaction? *Talk to the children about taking a moment to think about the response. Show some breathing exercises to get the children to pause and to re-ground themselves preventing feelings such as anxiety. Link: [Do-BeMindful](#)*

[Meditation](#)

### Extension activities:

#### PSHE

Make a series of motivational quotes to place around school/classroom

Make a weekly diary of all the compassionate things that you have carried out to realise how many kind things you do

Be more thankful and be conscious about saying thank you to others

Make up a mindfulness activity



# Workshop 3: Compassion - Trolling, Hate Crimes and Bullying

“Kindness is free, sprinkle it everywhere”

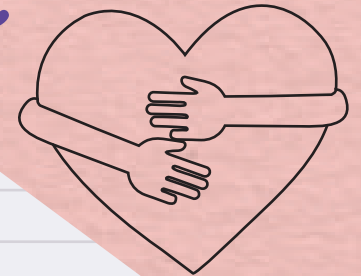
## Classroom challenge

- When else is it important to be kind? How can we show our kindness?
- If you have made the wrong choice, and want to try to do the right thing, what could you do?

Draw a thermometer and mark alongside it all the things that would make you feel good on the positive scale. On the negative scale, make suggestions of some of the unkind things that have a negative impact on you or others.

Discussion: How should we respond to trolling and negativity online? Does being online mean we can behave differently? Should online interactions be the same as face to face interactions?

Produce a diary entry about how it feels to be on the receiving end of hurtful comments.



# Workshop 3: Compassion - Trolling, Hate Crimes and Bullying

## Extension activities:

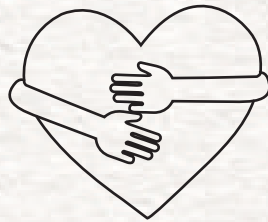
### PSHE

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Make a weekly diary of all the compassionate things that you have carried out to realise how many kind things you do

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Make up a mindfulness activity



## Links to other learning

**PSHE RELATIONSHIPS:** Families and close positive relationships, friendships, managing hurtful behaviour and safe relationships, respecting self and others

**LIVING IN THE WIDER WORLD:** Communities

### Suggested Resources:

Indicators to show positive and negative gauge on thermometer

Positive and negative comments that the children may experience online/text etc

### Suggested Vocabulary:

Compassion  
Kindness  
Respect  
Respectful relationships  
Cyber bullying  
Trolling  
Hate crime



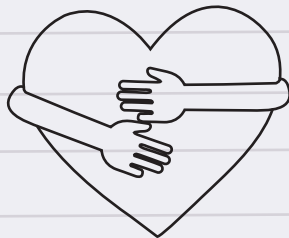


# MY REFLECTION JOURNAL: COMPASSION

What things do you do that show compassion online?

Do you consider yourself to be compassionate?

Who are all the good role models that show good compassion online?



**SOS** Make a list of all the places you could go to get help or support if you needed it

Who are all the negative role models that do not show good compassion online?



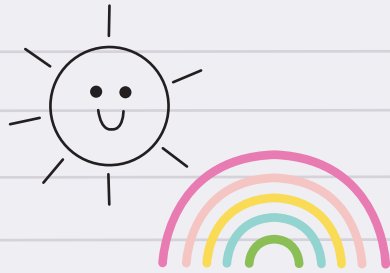
Personal thoughts and notes:



# RESOURCES:

Examples of statements that can be used in the Character Challenge activity: \*these statements can be used at the teacher's discretion, based on online issues the school has experienced/context of school or class etc.

Beautiful! 😍



Awww well done mate!

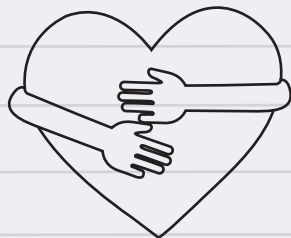
Love this!

Looking good

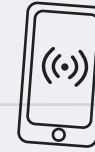
Great game! You playing out again tomorrow? 😊

Big hugs. Hope you're okay xx

Of course you can meet up with us. The more the merrier! 👍 x



You're a scruff



Noone even likes you

You think you're amazeballs...but you're really not!

No losers allowed

You're not invited so find some other friends

Your top/shoes/dress is horrible.

Get a life

You've got no friends



Your family are muppets

Your Mum's fat

You need a wash cos you smell

