

L.O. How to seek help
if bullying or
hurtful behaviour is
making them feel sad

what is cyber
bullying?

Cyber bulling uses technology like mobile phones and the Internet to bully people. it hurts other peoples feelings

Watch this episode of Hectors
work called You're not alone

<https://www.youtube.com/watch?v=lYytzjmeyQU>



When you get to a pause point, stop
the episode and think about these
questions:

- How would Ming feel about the
altered photo that made of her?
- How would Ming feel about the photo
being sent to many people?
- What could Hector and his friends do
to help Ming?

Carry on watching the episode
and stop at pause point 2 to
answer this question.

What would you
suggest the Ming
does now?

Look at each of these scene cards from the episode.







now write down three words for each
card which describes how each
character is feeling in each picture

What support did
Ming have to help
her?

How could you
have helped
her?

Make a poster to describe all
the ways that someone could
be supported or helped

