

Teacher notes

Please print slide 4 – one between two should be enough.

Try not to use the word Cyberbullying in this session – refer to it as it does on the slides – allowing the inner chimp to be nasty to people especially online.

Thank you for delivering this session.



Facebook



Like

Info

Stories

Facebook Live

Press



We will come
back to this...

are so ugly that you really should try to smile a
little more. All the boys think that your face is
disgusting! Haha!!!

hours ago · Comment · Like

64 people like this.

View all 111 comments

Write a comment

and make the world more open and
connected.

"Like" us to stay updated on new
products, announcements and
stories. Read our blog at
<http://blog.facebook.com/>



Someone posts this on your
Facebook.
How do you react?



Today we are going to discover the consequences of not controlling our inner chimp...

In pairs, look at the scenarios. Think about how you would instantly react in those situations and the consequences of that reaction.

Oh, What's Occurring...

Event	Reaction	Consequence
You wake up late in the morning, you see that your parents didn't prepare your packed lunch.		
Your Science teacher asks you to answer a question in class. He gets you mixed up with another student that you don't get on with. He's been calling you the wrong name for a whole term.		
You revised really hard for a test but didn't feel too great on the day. You didn't do very well and are accused of not revising.		
You have a brother or sister a few years below you. Some people in your year have started calling them names and have pushed them over.		
A teacher gives you an after school detention for talking. It wasn't even you.		
You tell a small group of friends something personal and ask them not to share it. A few days later you notice people are laughing at you. Someone in the year above you drops a hint that shows they know your secret.		



Our Inner Chimp is not only responsible for our angry reactions to certain events, but also for the way we treat other people. It is our Inner Chimp's fault if we are nasty to people. Remember this...

The screenshot shows a Facebook interface. At the top is the 'facebook' logo and a search bar. Below is a profile picture of a young woman and a 'Like' button. The main content area shows a post with a comment: 'You are so ugly that you really should try to smile a little more. All the boys think that your face is disgusting! Haha!!!'. Below the comment are options to 'Comment' and 'Like', and a notification that '64 people like this.' and 'View all 111 comments'. A yellow callout box with a black border contains the text: 'Someone posts this on your Facebook. How do you react?'. At the bottom of the page, there is a small text snippet: 'friendships on the social networking site. But what many users don't know is that Facebook, which boasts more than 500 million users, also is'.



Now think of the reactions and consequences of allowing the Inner Chimp to control how we interact with people online

Now with Facebook and Twitter we

Event	Reaction	Consequence
You send a nasty message from someone on Facebook and Twitter		
You receive a nasty message from someone on Facebook and Twitter		





My name is Luis Suarez and I play football for Liverpool. Last year I got a reputation for being quite angry on the pitch.

So much so that I even bit the arm of an opponent...



What were the consequences of his actions?



Over the summer I have worked with Dr Steve Peters, a psychiatrist who helped me manage my anger.

I have controlled my inner chimp.

This is how...





Manage the Inner Chimp

- Breathing- Breath in for 7 seconds then breath out for ten.
- Counting – count up to 50 with each number feel yourself getting calmer
- Put down the laptop- if you feel like you could use the internet in a negative way then walk away.