

PROTECT ...YOURSELF FROM ONLINE RISKS

6. CYBERBULLY



 **Flexible**

 **OUTCOME:**
Learn what cyberbullying is and how to tackle it.

 **MATERIALS:**
Depends on the type of survey and reporting you chose to do.



DISCUSS with your group:

- Why do you think people might be unkind to each other online?
- Have you ever read any mean comments online about you or others? Would that ever happen in real life?

How does it happen, and what could you do to stop it?

Explore what cyberbullying is like and how to stop it. You can find some information below. You may also find with the help of your group's leader some videos to watch on the subject.

Then conduct a survey about cyberbullying in your school or community group to gather the opinions and experiences of your peers. You can ask questions such as:

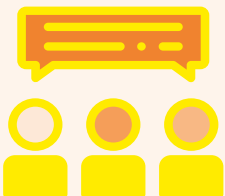
- Have they experienced cyberbullying?
- How did they handle it? Did they ask for help and from whom?
- Which do they think the most effective ways to tackle it are?
- Anything else you can think of.

Make sure to ask separately the experiences of girls and boys and compare them. How are they different?

Turn your findings into a poster or infographic and try to get your report published by your school and/or local community, either online, offline or both in order to raise awareness about cyberbullying.

TIP!

If someone harasses you or bullies you online: screenshot – block – report!
Here are 2 handy guides you can use offered by websites such as [Internet Matters](#) and [SaferInternet.org](#)



YOUNG PEOPLE TOLD US ... One in three young people in 30 countries said they have been a victim of online bullying, with one in five reporting having skipped school due to cyberbullying and violence. [U-Report / UNICEF, 2019](#)

6. CYBERBULLY (CONTINUED)



SEARCH RESULTS

What is cyberbullying?

When someone uses technology to deliberately and repeatedly be cruel to someone else, it's called cyberbullying. Often, it's not meant badly – it might just be someone passing around a joke. But if it hurts someone, it's wrong. It can happen to anyone, and leaves people feeling alone and unsafe. It can include:

- Excluding people from online conversations.
- Tagging images inappropriately.
- Sending mean text messages, comments or emails.
- Putting unkind images or messages on social networking sites.
- Imitating other people online.

Nobody likes to be treated unkindly, whether face to face or online. Cyberbullying can be particularly upsetting because it can happen at any time or place – it reaches its target whenever and wherever they access the internet. If it takes place in a public space, like a social network, lots of people can be involved, and the person who starts it can feel anonymous – and safe – because it can be very difficult to know where an unkind action started..

What if it happens to me?

- Don't respond. Change your privacy settings and block the person responsible.
- Save copies of the emails, texts and conversations.
- If there is a 'report abuse' button, click it.
- Find someone you trust, such as a good friend or family member, and talk to them about it.
- Don't assume nothing can be done. Cyberbullying is a crime in many countries, and a bully can often be prosecuted by law.
- If the person being mean to you goes to your school or is sharing cruel messages with classmates, speak to a teacher you trust for advice. The school may have a policy and tools to help you.

What if I witness someone being cyberbullied?

- Whether it is a friend or not, if you are aware that someone is being cyberbullied, you can help.
- Don't take part. Forwarding unkind messages or pictures makes you part of the act even if you didn't start it.
- Talk to the person being cyberbullied and make sure they know you support them and that they aren't alone.
- Speak out to a trusted adult and report what is going on.