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CODE OF GOOD BEHAVIOUR ON INTERNET

GUIDE FOR STUDENTS

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Guide for students

I. What is Cyberbullying?

Cyberbullying occurs when a child or teen uses the Internet, emails, text messages, instant messaging, social media websites, online forums, chat rooms, or other digital technology to harass, threaten, or humiliate another child or teen. Cyberbullying doesn't require physical strength or face-to-face contact and isn't limited to just a handful of witnesses at a time. Bullying takes place on blogs, personal pages, forums, e-mail, SMS, MMS, sometimes aggression by uploading pictures or video on the Internet without taking into account the victim's privacy.

II. About Cyberbullying

Cyberbullying can happen anywhere at any time, even in places where teenagers normally feel safe, such as your home, and at times they'd least expect. A lot of cyberbullying can be done anonymously, so teenagers cannot be sure who is targeting them. This can make them feel even more threatened and can embolden bullies, as they believe online anonymity means they're less likely to get caught.

Cyberbullying can be witnessed by potentially thousands of people. Emails can be forwarded to hundreds of people while social media posts or website comments can often be seen by anyone.

Technology offers a perceived anonymity that leads some people to behave abusively online in ways they'd never contemplate in the real world. Malicious or defamatory content can be circulated with ease and be seen by a much wider audience. Content can potentially exist forever, despite best attempts to remove it. A victim of cyberbullying is potentially vulnerable 24/7 and no longer has a safe haven away from the bully. The inability to permanently remove online content and images can further add to the suffering of the victim.





Two-thirds of those who are bullied did not tell anyone about the incident, with young people citing reasons such as fear, lack of confidence that they might change something, or the fact that they did not think it necessary to involve other people even though they were directly affected by aggression.

Any type of bullying can make you feel hurt, angry, helpless, isolated, even suicidal, or lead to problems such as depression, anxiety, and low self-esteem.

Children and young people can put themselves, and others, at risk when they: upload inappropriate, offensive or even illegal content to their own online spaces; post material that could damage their reputation or the reputation of others; breach intellectual property rights; post

inappropriate comments on other people's profiles that is humiliating or results in bullying; post material or comments that are potentially libellous.

III. Forms of cyberbullying

Flaming: Online fights using electronic messages with angry and vulgar language.

Harassment: Repeatedly sending nasty, mean, and insulting messages.

Denigration: “Dissing” someone online. Sending or posting gossip or rumors about a person to damage his or her reputation or friendships.

Impersonation: Pretending to be someone else and sending or posting material to get that person in trouble or danger or to damage that person’s reputation or friendships.

Trickery: Tricking someone into revealing secrets or embarrassing information, then sharing it online.

Cyberstalking: Repeated, intense harassment and denigration that includes threats or creates significant fear.

IV. Dealing with cyberbullying – advices for students

If you are targeted by cyberbullies, it's important not to respond to any messages or posts written about you, no matter how hurtful or untrue. Responding will only make the situation worse and provoking a reaction from you is exactly what the cyberbullies want.

If you receive emails, files, photos or installation programs that seem suspicious of someone he do not know and trust, you should delete them from your computer. They may have viruses or programs that will read all the data on your computer. You should ask for help from a trusted person.

Tell harasser not to sneer. If conversation does not help, tell about it to the specialists. If you will found a information on the Internet, which scares you or makes you feel uncomfortable, tell about this your parents / teachers.

Share your feelings about bullying. Talk to a parent, a teacher, a counsellor or trusted friend.

Find support from those who don't cyberbully.



V. General advices for students

- Always insert a code to unlock the phone or device.
- Pay attention to the personal information that they put on their phone, such as photos, agenda, etc.
- Install secure source applications (APPS). Have the notion that almost every APPS have access to their mobile contacts and photos.
- Pay attention to personal photos taken with the phone, so that they don't appear on the internet.



e. Turn on the GPS only when necessary, because, for example, when they take photos, their location will be shared.

f. Have secure passwords:

- have more than 8 characters.
- don't use given and/or family names.
- don't use only numbers.
- don't use birth's dates or school name.
- use uppercase, lowercase, numbers and special characters (!"#%&).
- change password frequently. Don't choose "save password" option.
- have multiple password for multiples accesses.

VI. Preventing cyberbullying

1. Do not believe everything published on the Internet. Often information in public space is not filtered, so you might be faced with false and misleading facts.
2. Don't answer offensive messages, save them and show to parents / teachers.
3. Do not meet to a stranger without a parent's permission. When you go to meet with stranger take an adult whom you can trust. Do not forget that you never know who is your real online friend.
4. Do not share personal information online about yourself, your friends and family. Do not post your own or other people's home address, phone number, etc. Think well about what information you want to provide.
5. Avoid posting comments and pictures that encourage violence, discriminate religious, national or other minorities.
6. Do not get into disputes.
7. Never share your personal data. Apply the privacy policy in the social medias.
8. Remember that being online does not make you anonymous, so treat others with respect and expect the same from others.
9. Keep your password a secret.
10. Tell an adult who you trust that you are a victim of cyberbullying.
11. Do not answer and do not attack if you receive aggressive messages.

12. Keep your login details. Keep your data in memory, do not write somewhere or tell your friends. This is the secret of every human being.
13. Responsibly select your username. A provocative username, can lead to negative reactions, harassment, bullying.
14. Be respectful on the internet – do not bully. Bullying both in real life and in virtual life hurts another person.
15. Block users who send you inappropriate content.
16. Save insulting e-mails or text messages.
17. Do not send any videos and messages containing, for example, compromising content, because this is also cyberbullying.
18. If you are repeatedly harassed, change your user ID or a profile and use a name that does not provide information about you.
19. You can call the trust phones or visit websites which are created to help.
20. Never provide any information or images in electronic form that could be used against you.
21. If you find that people are frequently attacking you, look closely at how you are communicating with them. You might be communicating in a way that is irritating others or hurting their feelings.
22. File a complaint with the Web site or service: Most sites and services prohibit bullying behavior. You can generally find an e-mail contact on the home page. Explain what has happened and provide the links to the harmful material or attach any messages.
23. Contact an attorney or the police: You will need your parents to help you with this. Sometimes cyberbullying is so bad your parents could sue the parents of the cyberbully for money. Or the cyberbullying could be a crime. Of course, it's better if things do not get to this point—but it's nice to know these options are there if things get really bad.



VII. How can you preserve the evidence in a cyber-violence incident?

- 1.** Mobile phone: do not delete the message. Save all text or voicemail messages in your voice mailbox.
- 2.** Instant messaging (SMS / MMS). Some services allow recording of conversations. There is, for example, the ability to copy / re-transcribe an oral conversation, and the ability to copy SMS and MMS to a Word document (or other text editor) to save and print them.
- 3.** Social networking sites or any web site / www. To keep a copy of the content displayed on the screen, click Control and Print Screen (use the "Capture" tool on Macintosh), and then paste into a Word document.
- 4.** Chat. As well as on the web, if you want to keep a copy of the on-screen content, click Control and Print Screen (use the Capture tool on Macintosh), and then paste it into a Word document, or simply print the desired page.
- 5.** E-mail. Copy and print the message, send it to the homeroom teacher or the responsible teacher who will be involved in determining the circumstances of the incident. Save the full message, not just the text, as it will preserve all its origin data.
- 6.** Discuss with your teachers about the incident, following the following points:
 - teachers should determine the circumstances of the incident, in order to identify together the causes and find a solution to settle the conflict;
 - the author must receive a firm message that such acts are prohibited without any derogation;
 - the student should be informed of the consequences of his / her behavior and of the legal regulations and / or norms to which he / she will be called upon to enforce his / her deed;
 - teachers should ask the author to delete any offensive material published online;
 - depending on the gravity and nature of the facts, the possibility of mediation between the parties and the identification of possible remedies should be considered;
 - if there were several authors, each of them should be discussed with and their leader identified;
 - the author should not be confronted with the victim of violence by electronic means.
 - the parents of the author must be informed of his actions and must be presented with the evidence that led to this conclusion, and on that occasion they are also informed of the disciplinary measures that the school can order against the child.
 - the student has to understand the consequences of his behavior and seek to change his / her attitude in relation to the facts and the way of using the new technologies;
 - if the school has appropriate conditions, specialized psychological assistance can be provided within the school;

- in some duly justified cases, the pupil may be offered a psychological assistance program within a specialized institution during the discussion (with the consent of the parents).

VIII. Disciplinary measures for authors of violence by electronic:

1. Violence by electronic means should be sanctioned by the provisions of the school regulation, with consequences similar to acts of physical violence. In addition, specific to these types of deeds, sanctions may be applied such as: prohibiting the access for a limited period of time in the computer lab or the introduction into the school of electronic devices that have connectivity to the Internet or the mobile electronic communication network.

2. The main objectives to be considered in relation to the sanction against the author are:

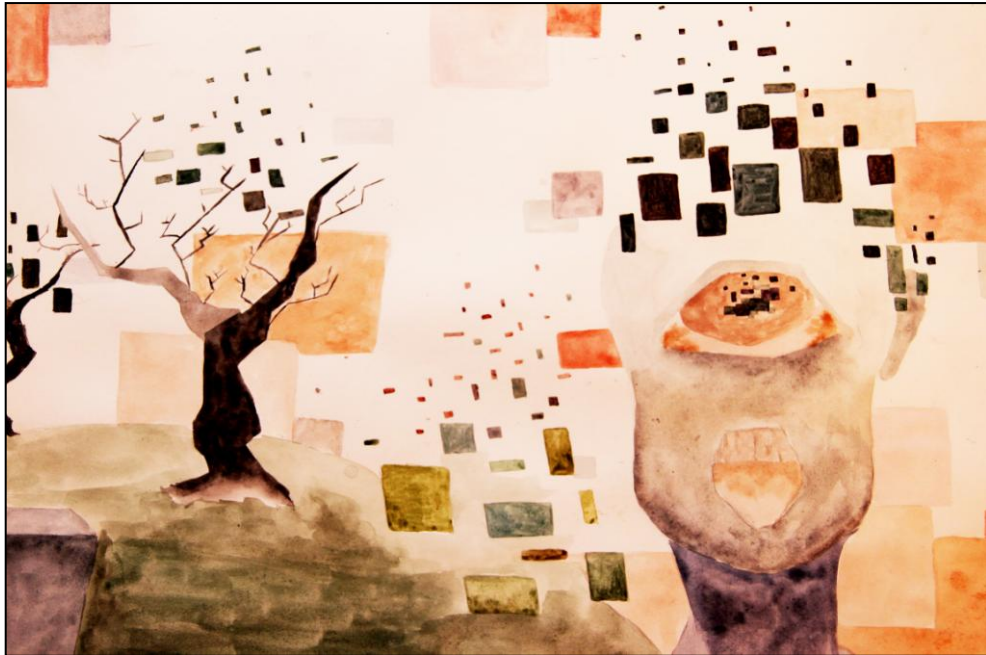
- immediate cessation of the act of violence and guaranteeing a sense of security for the victim;
- awareness of his/her behavior, of the problems he/she has generated and the prevention of similar behavior in the future;
- to show the school community that cyber-violence will not be tolerated in any way and that the school is able to respond effectively to such situations.

3. In determining the most appropriate sanction, consideration should be given to:

- the size and importance of the damage / effects generated - whether the material has been made public in a way that has allowed access to a wider audience (this determines the extent of the victim's humiliation) or whether it is difficult to remove the offensive material from the Internet, etc.;
- victim's persecution duration: it was a prolonged exposure or one episode;
- premeditation of the deed - if the deed was planned and if the author was aware that it would create harm to a colleague (some cyber-violence actions are caused by unconsciousness or lack of awareness of the consequences);
- an interesting factor is to see how many efforts the author has filed to hide his identity, etc.;



- the author's motivation. You need to make sure that his/her action is not revengeful, out of a potential persecution previously suffered;
- the type of the distributed offensive material.



IF YOU ARE BEING CYBERBULLIED, DON'T BLAME YOURSELF. IT IS NOT YOUR FAULT.

NO MATTER WHAT A CYBERBULLY SAYS OR DOES, YOU SHOULD NOT BE ASHAMED OF WHO YOU ARE OR WHAT YOU FEEL.

INTERNET SAFETY

S

Stay Safe

- Keep your personal information and passwords private
- Never use your real name as your username
- Do not give out your personal information to people or companies you do not know



M

Don't Meet Up

- Never meet with an online friend, even if you think you know them well
- Online friends are still strangers and may not be who they say they are



A

Accepting Files

- Do not open e-mails from people you do not know
- Emails and attachments can contain viruses or unpleasant images



R

Reliable?

- Not all information online is reliable, always check that information is correct before using it
- False identities are used a lot in chat rooms, try to limit to real friends



FAKE ↗

T

Tell Someone

- Tell an adult if anything online makes you feel uncomfortable
- Log off if you feel uncomfortable or suspicious of anything
- Most chat rooms and social media have alert buttons to report bullying or inappropriate behaviour



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List of illustrations- art works created by the students of „Bălașa Doamna” Art High School – Târgoviște, Romania

Pg. 2 Ștefania Duță, Iulia Gălbenuș, Elena Tudose - 10th grade

Pg. 3 Teodora Mihăilă - 12th grade

Pg. 4 Andreea Iacob - 10th grade

Pg. 5 Ioana Alecu - 11th grade

Pg. 6 Florinel Moiceanu - 11th grade

Pg. 8 Oana Popescu - 12th grade

Pg. 9 Maria Netbai - 11th grade

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