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**STRATEGIC PARTNERSHIP BETWEEN SCHOOLS
KA2 ACTION, ERASMUS+ PROGRAM
THE VIRTUAL UNIVERSE WE WANT
PROJECT NO: 2016-1-RO01-KA219-024515**

LITHUANIA

Classworkactivities: „Let’s fight Cyberbullying together!“.

I. Discuss cyberbullying description together with the class.

Cyberbullying

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets.

Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.

Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are: Social Media, such as Facebook, Instagram, Snapchat, and Twitter.

SMS (Short Message Service) also known as Text Message sent through devices.

Instant Message (via devices, email provider services, apps, and social media messaging features).
Email.

II. Complete “My online portrait” in pairs and discuss together with your class.

My online portrait

WHERE I POST AND SHARE

WHERE THINGS ARE POSTED AND SHARED ABOUT ME

PHOTOS:

PHOTOS:

VIDEOS:

VIDEOS:

LIKES, VOTES, SHARES ETC.:

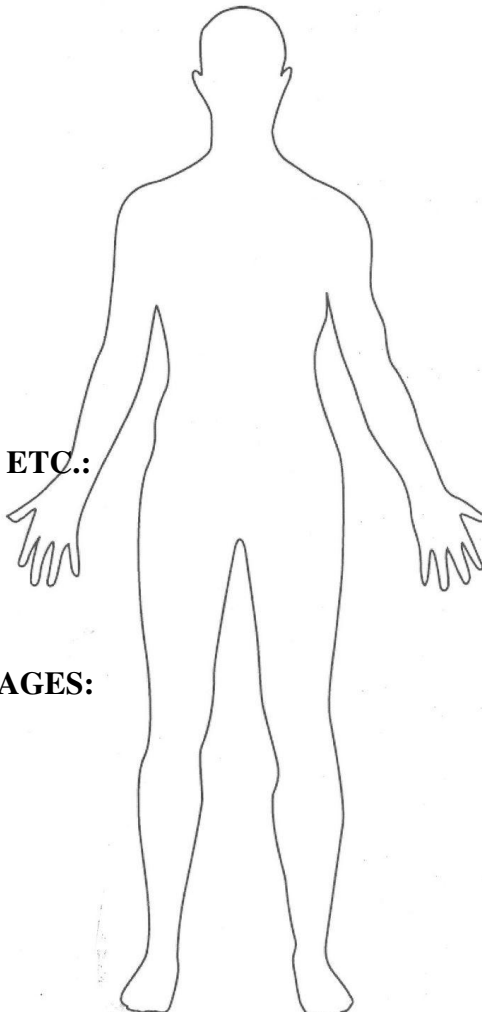
LIKES, VOTES, SHARES ETC.:

COMMENTS AND MESSAGES:

COMMENTS AND MESSAGES:

OTHER CONTENT:

OTHE CONTENT:



III. Online investigation. Find the answers to these questions in the internet and discuss with your classmates. Print answers next to the questions.

1. How is bullying in person different from cyberbullying (for example, you can cyberbullying someone else 24 hours a day, 7 days a week)?
2. What are the effects of cyberbullying on people?
3. What are the warning signs of cyberbullying?
4. What are ways in which people are cyberbullied on the Internet?
5. What can people do to protect themselves from cyberbullying?
6. Are boys or girls more likely bully other kids?
7. Are people who are bullied more likely to suffer from depression or die by suicide?

IV. Complete the test „Stop Cyberbullying“ at <https://www.proprofs.com/quiz-school/story.php?title=stop-cyberbullying> and discuss the answers with your classmates.

Classwork activities: „Let’s fight Cyberbullying together!“.

ANSWER KEY

III. Online investigation. Find the answers to these questions in the internet and discuss with your classmates. Print answers next to the questions.

1. How is bullying in person different from cyberbullying (for example, you can cyberbullying someone else 24 hours a day, 7 days a week)?

Cyberbullying is different from traditional bullying because people can use the disguise of “anonymity” to harass their victims. One needs only a valid e-mail address to create or participate in groups online, so it is very easy set up “fake” accounts and bully anonymously. Because anonymous comments and actions aren’t connected to the individuals doing the bullying, they are free to do as they please without repercussions. Similarly, cyberbullies often choose to target victims who live far away. They do this because there is a much smaller chance that the victim will be able to hold them accountable. Bullying can also occur when “blind items” are posted to social networking sites. Blind items are messages or posts that do not give the name of a person but contain sufficient information for readers to figure out who the post is intended for.

2. What are the effects of cyberbullying on people?

Feel overwhelmed. Feel vulnerable and powerless. Feel exposed and humiliated. Feel dissatisfied with who they are. Feel angry and vengeful. Feel disinterested in life. Feel alone and isolated. Feel disinterested in school. Feel anxious and depressed. Feel ill. Feel suicidal.

3. What are the warning signs of cyberbullying?

Appears nervous when receiving a text, instant message, or email; Seems uneasy about going to school or pretends to be ill; Unwillingness to share information about online activity; Unexplained anger or depression, especially after going online; Abruptly shutting off or walking away from the computer mid-use; Withdrawing from friends and family in real life; Unexplained stomachaches or headaches; Trouble sleeping at night; Unexplained weight loss or gain; Suicidal thoughts or suicide attempts.

4. What are ways in which people are cyberbullied on the Internet?

Harassing Someone; Impersonating Someone; Using Photographs; Creating Websites, Blogs, Polls and More; Participating in Video Shaming; Engaging in Subtweeting or Vaguebooking.

5. What can people do to protect themselves from cyberbullying?

Know that it’s not your fault; Don’t respond or retaliate; Save the evidence; Tell the person to stop; Reach out for help; Use available tech tools; Protect your accounts; If someone you know is being bullied, take action.

6. Are boys or girls more likely bully other kids? *According to dosomething.org girls are almost twice as likely as boys to be both victims and perpetrators of cyber bullying. There are many reasons behind this, most of them due to the innate differences between boys and girls. Girl bullying often differs from that of boys because girls in general have different ways of interacting with one another. Boys tend to be more aggressive than girls and are often more involved in physical bullying. In general, boys tend to bully in physical ways while girls use emotional tactics. Girls tend to be sneakier and more covert in their bullying tactics, which may be why hiding behind a computer screen or a cell phone seems so appealing.*

7. Are people who are bullied more likely to suffer from depression or die by suicide? *Victims of cyber bullying may be at even higher risk for depression. Researchers have discovered a strong link between bullying and depression. Both bullies and their victims are more likely to suffer from depression than youth who are not involved in bullying. This connection can be long-lasting; people who are bullied as children are more likely to suffer from depression as an adult than children not involved in bullying. Depression can have a number of serious effects on a*

person's life. The link between bullying and depression can also extend to other problems, like: Low self esteem; Anxiety; High rates of school absence; Physical illness. Teens who commit suicide often suffer from depression. Experts hesitate to say that bullying is a direct cause of suicide, but it may be a factor in a teen's depression.

IV. Complete the test „Stop Cyberbullying“ at <https://www.proprofs.com/quiz-school/story.php?title=stop-cyberbullying> and discuss the answers with your classmates.

1. What is cyberbullying? Some youth who cyberbully:

- A. Pretend they are other people online to trick others;*
- B. Spread lies and rumors about victims;*
- C. Send or forward mean messages;*
- D. Post pictures of victims without their consent;*
- E. Any of the above.*

2. Cyberbullying is when a child, preteen or teen is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child, preteen or teen using:

- A. The internet;*
- B. Interactive and digital medias;*
- C. A cellphone;*
- D. Any of the above.*

3. When teens were asked why they think others cyberbully, 81 percentsaid that cyberbullies think it's funny. **A. True; B. False.**

4. What can you do if you are being cyberbullied?

- A. Blocking communication with the cyberbully;*
- B. Don't read the messages from a cyberbully;*
- C. Talking to a friend or trusted adult about the bullying;*
- D. Reporting the problem to an Internet service provider or website moderator;*
- E. All of the above.*

5. If you are being cyberbullied it is ok to seek revenge on your bully? **A. True; B. False.**

6. If a cyberbully uses a made up name it is impossible to find out who they are. **A. True; B. False.**

7. It is ok to share personal information on social networking sites because it is 'private' and only my 'friends' can see it. **A. True; B. False.**

8. How can I prevent cyberbullying?

- A. Refuse to pass along cyberbullying messages;*
- B. Tell friends to stop cyberbullying;*
- C. Block communication with cyberbullies;*
- D. Report cyberbullying to a trusted adult.*
- E. All of the above.*