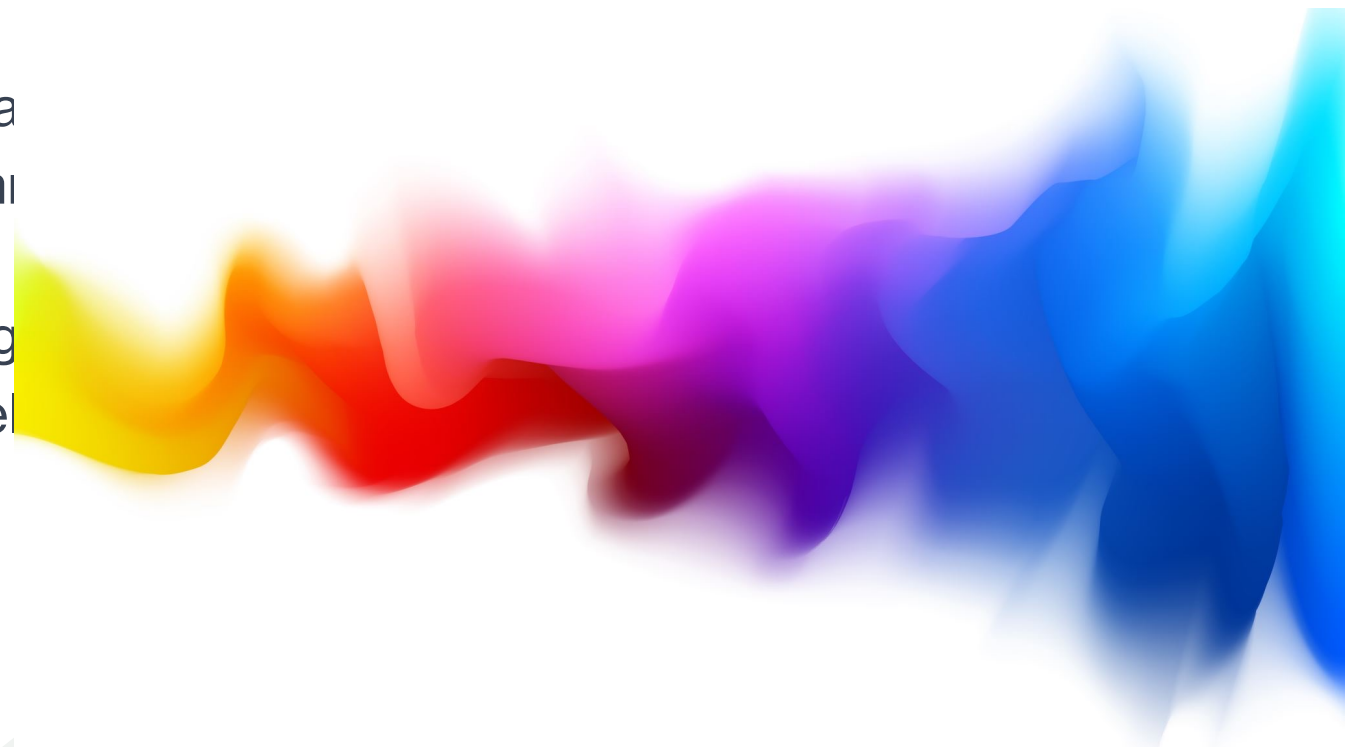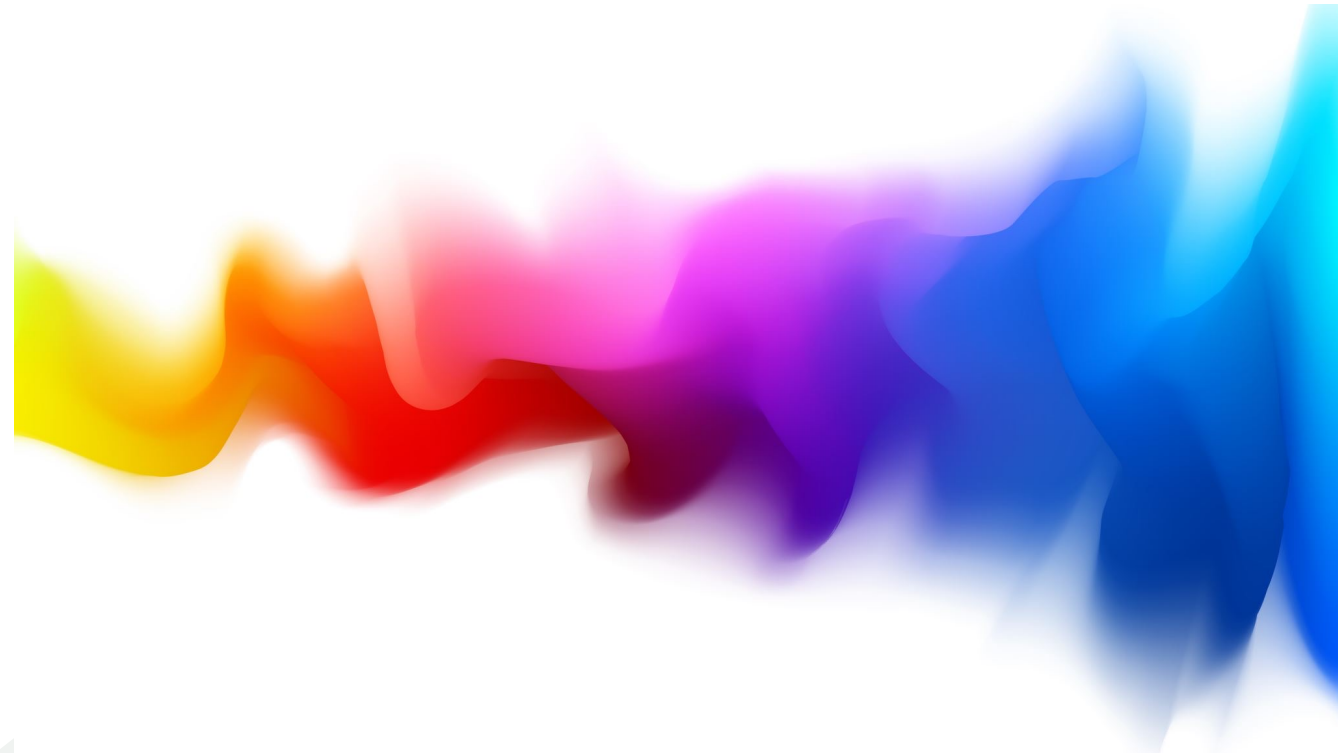# Anti-bullying and online behaviour

Cyberbullying

In today's digital age, technology has brought many benefits to our lives, but it has also introduced new dangers, such as cyberbullying. Cyberbullying is when someone uses technology, such as social media, messa apps, or email, to harass, humiliate, or th someone else. It is important for you to understand the dangers of cyberbullying impact it can have on others and yoursel
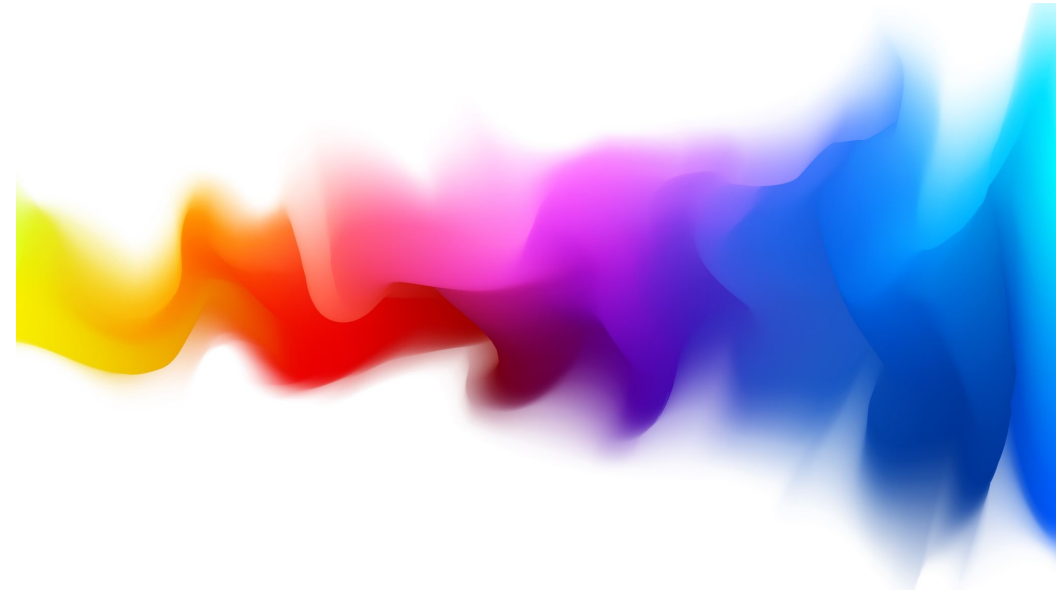
What is cyberbullying?

TASK: Discuss and compile a list of what might cyberbullying involve? What might people do or experience if they are cyberbullied?

What is cyberbullying?

- Spreading malicious and abusive rumours and gossiping

- Emailing or texting you with threatening or intimidating remarks

- Mobbing (a group or gang that target you)

- Harassing you repeatedly

- Intimidation and blackmail

- Stalking you on-line and continually harassing you

- Posting embarrassing or humiliating images or videos without your consent

- Posting your private details on-line without consent

- General Bullying or Stalking

- Grooming (enticing or goading you on-line to self-harm or commit a crime)

- Setting up a false profile, Identity fraud or identity theft

- Using gaming sites to attack or bully you

- Theft, Fraud or deception over the internet

Types of cyberbullying

- Trolling

- Online harassment

- Exclusion

- Outing/doxing

- Trickery

- Cyberstalking

- Fraping

- Dissing

- Flaming

What do we know or understand about these at the moment?
Discuss in pairs. Can you tell your partner what these are? Or what
they invovle?

Types of cyberbullying: Match'em up

1. Trolling

2. Outing/doxing

3. Trickery

4. Fraping

5. Dissing

6. Flaming

A. refers to the act of openly revealing sensitive or personal information about someone without their consent for purposes of embarrassing or humiliating them. This can range from the spreading of personal photos or documents of public figures to sharing an individual's saved personal messages in an online private group. The key is the lack of consent from the victim.

B. when a bully uses your social networking accounts to post inappropriate content with their name. It can be harmless when friends write funny posts on each other's profiles, but has potential to be incredibly harmful. For example, a bully posting racial/homophobic slurs through someone else's profile to ruin their reputation

C. when a bully will seek out to intentionally upset others by posting inflammatory comments online. Trolling may not always be a form of cyberbullying, but it can be used as a tool to cyberbully when done with malicious and harmful intent. These bullies tend to be more detached from their victims, and do not have a personal relationship

D. similar to outing, with an added element of deception. In these situations, the bully will befriend their target and lull them into a false sense of security. Once the bully has gained their target's trust, they abuse that trust and share the victim's secrets and private information to a third party or multiple third parties

E. posting about or directly sending insults and profanity to their target. Flaming is similar to trolling, but will usually be a more direct attack on a victim to incite them into online fights

F. refers to the act of a bully spreading cruel information about their target through public posts or private messages to either ruin their reputation or relationships with other people. In these situations, the bully tends to have a personal relationship with the victim, either as an acquaintance or as a friend

Cyberbullying at BHS

2. I think I have been cyber bullied whilst I've been a student at BHS.

More Details   💡 Insights

- 🔵 Yes   17
- 🟠 No   178

In a recent survey 195 responses came in and revealed that 9% of respondents have experienced cyberbullying whilst at BHS. Miss Pritchard can only go on the responses she receives, and this would indicate that BHS has less of a cyberbullying problem than the national picture.

National picture 2020: Around one in five children aged 10 to 15 years in England and Wales (19%) experienced at least one type of online bullying behaviour in the year ending March 2020, equivalent to 764,000 children.
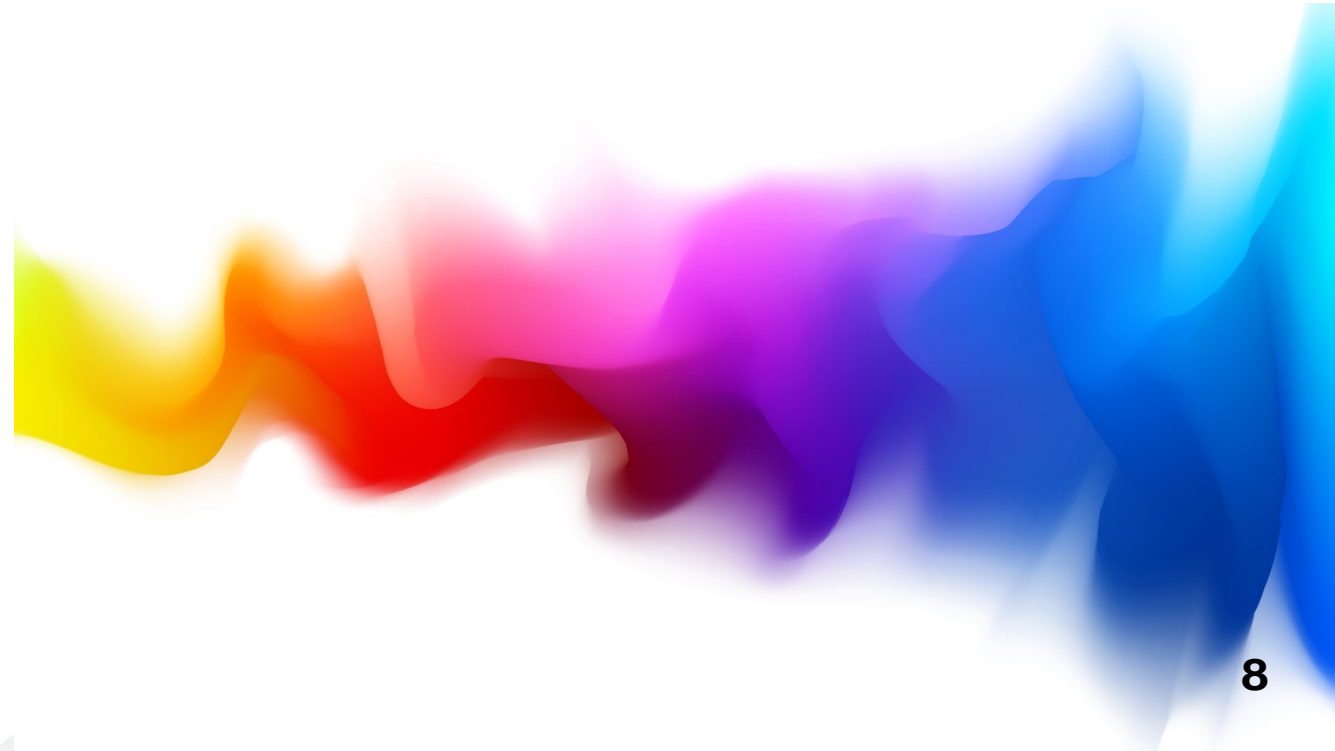
Discuss: What do you think of the data collected by Miss Pritchard? What are the problems with this data? How can the data be made more reliable? Why should we respond to surveys?

4/18/24

What are the impacts of cyberbullying?

TASK: Work in pairs. This is the simple scenario: A person known to the victim has posted embarrassing or humiliating images or videos without the victim's consent.

Role play a conversation between the bully and victim. The victim has a chance to say how they feel and the effects of the cyberbullying. The bully must respond in some way. They must tell the victim why they did it and respond to hearing about the impact on their victim. You may choose to work collaboratively and take on the role of both characters collaboratively.

Now, imagine that the two of you were 'bystanders'. You knew of the cyberbullying, and you did nothing. How do you feel? What could/ should you have done? How would you feel if you'd acted?

Quick discussion: Why is cyberbullying dangerous?
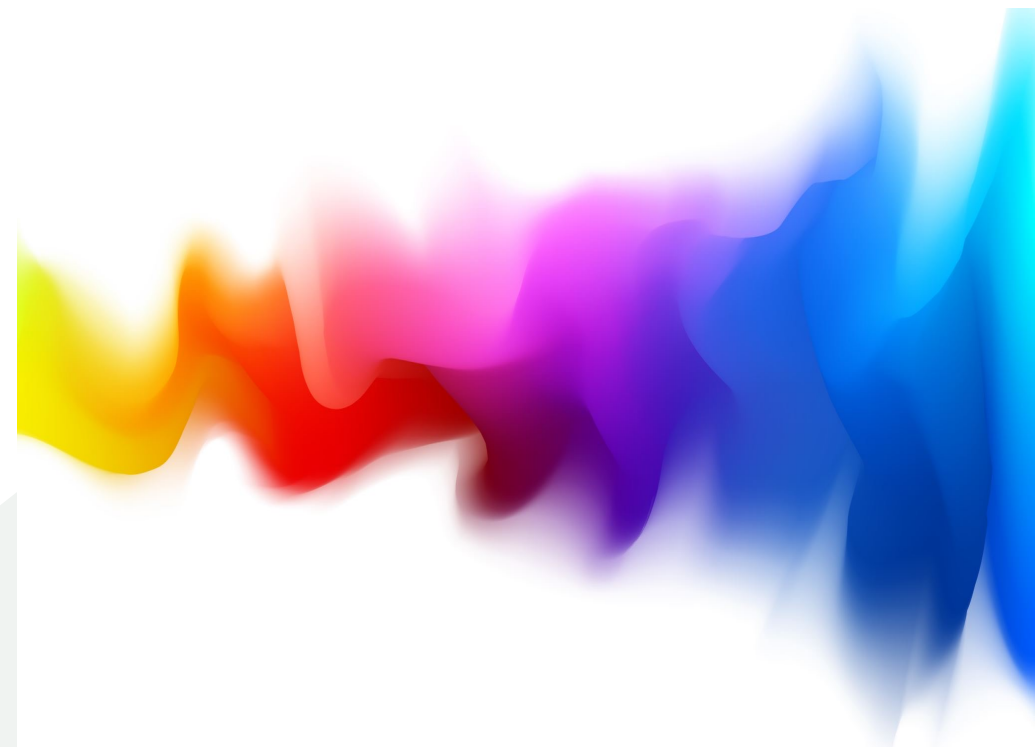
Some stories......

Extension: Cyberbullying Let's Fight it Together

Unicef help & guidance

Cyberbullying

Here are some reasons why cyberbullying is dangerous:

- Psychological and Emotional Harm: Cyberbullying can have a serious psychological and emotional impact on the victim. It can lead to feelings of depression, anxiety, and even suicidal thoughts. The victim may feel isolated, embarrassed, and ashamed, leading to long-term mental health problems.

- Reputation Damage: Cyberbullying can also cause damage to a victim's reputation. Messages, photos, or videos that are shared online can spread quickly and have a lasting impact on a person's personal and professional life.

- Legal Consequences: Cyberbullying is not just wrong but also illegal. In some cases, cyberbullying can result in criminal charges, such as harassment, stalking, or defamation.

- Negative Impact on School and Future Opportunities: Cyberbullying can also have negative consequences on your academic and professional opportunities. School staff and potential employers may view negative online behavior as a reflection on of your character; who wants to be known as a cyberbully?
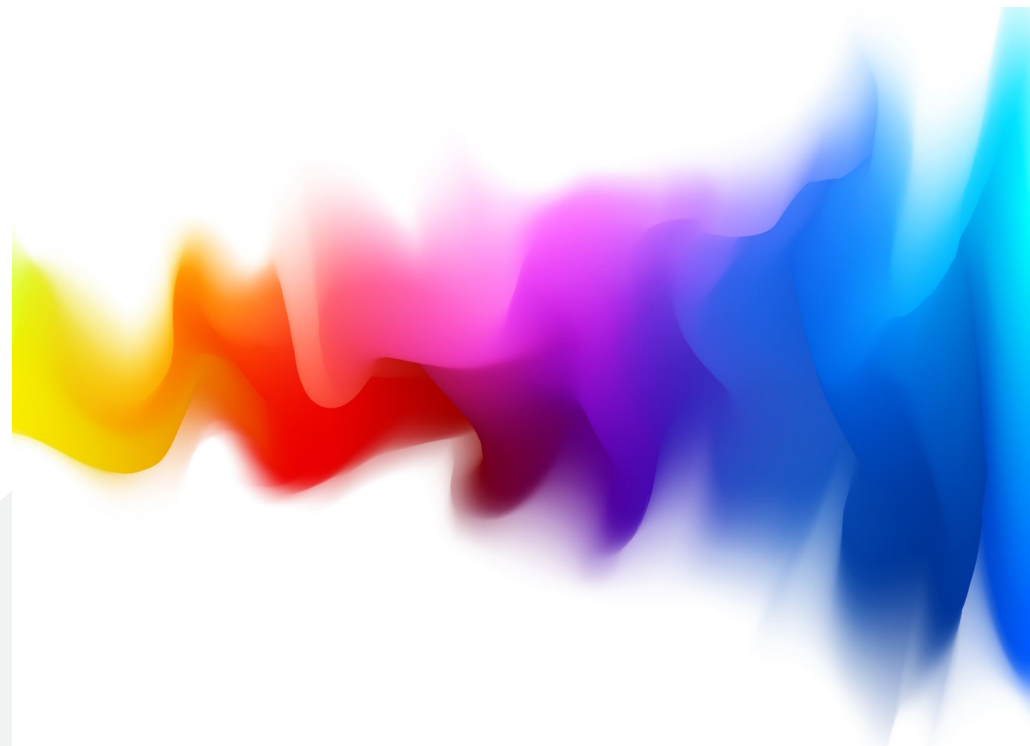
Cyberbullying

Remember, the online world is not a separate space from the real world. The same ethical and moral standards apply to your online behavior as they do to your offline behavior. It is important to treat others with kindness and respect, both in person and online.

If you see someone being bullied online, it is essential to speak up and report the behavior to an adult or a trusted authority figure. If you are being cyberbullied, reach out to a parent, teacher, or counselor for support.

By understanding the dangers of cyberbullying and taking steps to prevent it, we can create a safe and supportive online community.
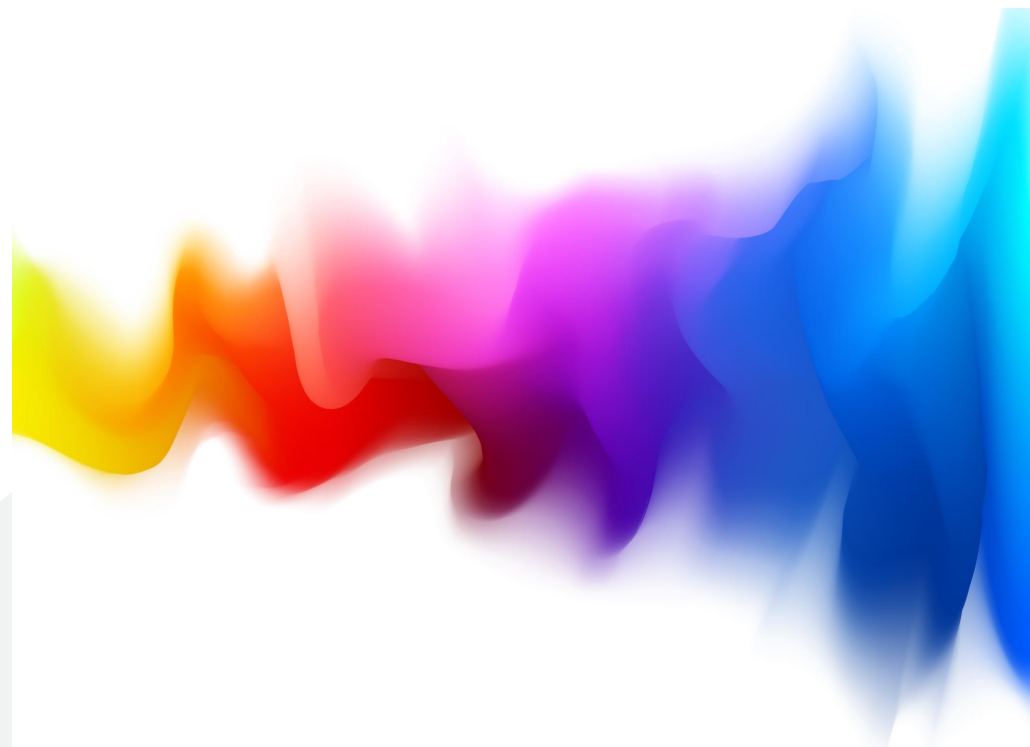
What can I do?

What actions can you take? Discuss.

What else could you do if you experience cyberbullying or you know of someone who is being targeted?

What learning points are we taking away today?

Signposting and Support……

Unicef

NSPCC

Support Line

Anti-bullying Alliance

Young Minds

If you are being cyberbullied then please report it. Your tutor, your teacher, your HOL, SLT, Student Welfare, School Counsellor, Mrs Ball.