

What you need to know about
Cyberbullying



What you need to know about
Cyberbullying





Contents

- 4** *What is cyberbullying?*
- 5** *What to do when you spot a bully?*
- 6** *Who is a trusted adult?*
- 8** *Someone is creating drama online*
- 10** *I've been called a bully*
- 12** *Banter vs Bullying*
- 14** *Cyberbullying: A guide to online bullying for schools*
- 15** *What schools can do in a cyberbullying situation!*
- 16** *Signs to watch for*
- 17** *Cyber Bullying Management*
- 18** *Worksheet*
- 25** *Quiz: Questions & Answers*



What is Cyberbullying?

The use of technology (the internet and digital devices) to do something mean or hurtful on purpose.

Cyberbullying behaviour might include:

- Abusive texts and emails
- Pretending to befriend someone
- Hurtful messages, images or videos
- Disclosing secrets online
- Imitating others online
- Excluding others online
- Humiliating others online
- Spreading nasty online gossip and chat
- Creating fake accounts in someone's name to trick or humiliate people
- Spreading nasty rumours or lies about someone
- Sharing photos of someone to make fun of them or humiliate them

"Remember that bullying behaviour is way more a reflection of that person who is being mean, than it is a reflection of you"

What to do when you spot a bully?



Resist the urge to respond

Resist the urge to respond to any hate targeted at you online, it usually just makes it worse. Often, people will say hurtful things just to get a reaction and you don't want to be associated with that or provide them with any reason to get you in trouble as well. Stick to treating people the way you want to be treated online and offline, and you will definitely feel better about yourself.

Report and block

Most social media services, games and apps have a function that makes it easy to report and block online bullying. **You can also make reports to Cece Yara Foundation at help@ceceyara.org , 0800 2255 622, 0800 800 8001.** If people continue to post mean stuff about you that you can't see, but your friends tell you about, encourage your friends to report it too.

Screenshot evidence

Before you block or delete, make sure you screenshot. If you've seen or been the target of mean or nasty stuff online, your immediate reaction might be to make it disappear, but it's really important you keep evidence of it. This might help you out down the track if they continue to be nasty and you need to report it. However, if the bullying material involves nudes, be aware that possessing or sharing such images of people under 18 may be a crime, even if the picture is of you or you have just taken a screenshot for evidence purposes.

Talk to someone

Cyberbullying can make you feel isolated and like everyone is out to get you, but that's not the case. Make sure you talk to people you trust and get support from mates or adults that have your back, and you'll realize that you're not alone. There are so many online and phone counselling services with caring people ready to hear you out.



Who is a trusted adult?

• Someone you respect and rely on • Parents • Teachers • Counsellors

NB: Approach them as soon as you are cyber-bullied!

What it means to be an upstander not a bystander

Tell someone who can help: sometimes it's not easy for the victim to come forward. Help them do this by looking out for them in the following ways:

Encouraging your friend is especially important. Don't let them believe what the bully says, and show them they don't deserve it.

If your friend is the bully, talk to them. Ask them why they are doing it, and listen. Can you advise your friend of other ways to feel accepted, powerful, or funny?

IF YOU SEE BULLYING BEHAVIOUR ONLINE DON'T JUST LET IT SLIDE.

Depending on your style and what you feel confident doing, helping your friend could be as easy as sending a direct message (DM) to make sure they're OK. If it feels safe and right, you might even step up and call out the bad stuff online. There are a number of ways you can take action and go from a bystander to an UPSTANDER.



What to do

1. DM your friend

Message your friend to make sure they're ok and remind them how awesome they are. Even a simple message can go a long way and make your friend feel like they have support.

"Hello are you OK? Ignore those guys — they couldn't be more wrong!"

2. Call it out

If you feel confident and safe, stand up to the person doing the bullying, and make it clear that what they're doing is wrong. It can be tricky going about this without getting too involved, but sometimes just commenting 🙅 or your negative emoji of choice, or NOT COOL on the mean post can get your point across.

3. Get extra help

If your friend seems like they're really down — maybe they're not turning up to school or they seem really withdrawn or less talkative — it might be time to get some extra help. You could talk to a trusted adult or teacher. You could also refer them to a counselling or support service to talk to a counsellor anonymously online.

4. Help your friend report cyberbullying

Those reporting tools are there for a reason! Do your bit to make the internet a more positive place and report posts online that are intentionally trying to hurt someone. First report the content to the social media site or app it was posted on (reporting is anonymous on most social media sites), and encourage your friend to report it as well, to help get it taken down faster.

If the content is serious and has not been removed after 48 hours and your friend is under 18, encourage them to make a cyberbullying report to Cece Yara Foundat 0800 2255 622 or 0800 800 8001. If they are 18 and over, show them this info on adult cyber abuse.



Someone is creating drama online

*Lies and rumours can spread like wildfire online,
and it's not always easy to know the best way to respond.*

Often, when something happens at school or within your friend group, the drama can spill out onto social media or private messenger apps. Whether you're directly involved or not, it's always best to have a cool head and help diffuse the situation if you can.

What to do

1. Resist the urge to retaliate

Resist the urge to retaliate. Rather than continuing the cycle of negativity, try intervening with some positive comments or changing the subject. If you feel like you might be tempted to retaliate, turn off your notifications and leave your phone somewhere for a while, so you can concentrate on other things.

2. Offer a new perspective

If you see a one-sided mean post about someone you know, rather than scrolling by, you could shake it up and offer a new perspective. It could be as simple as offering a different side to the story or saying something really nice about the person they're targeting. Even offering something completely off-topic can help to interrupt the stream of abuse.'

One time a girl in our year posted a photo of some text messages from another girl and tried to paint the situation in a certain way and a lot of other people in the year group were commenting on it saying: "wow —can't believe she would say that".

I knew the full story and she had only posted her side of it. I commented on the photo saying, "guys there is way more to this, stop posting mean comments". When people realized that the post wasn't the full story, they were sorry, and my friend that I stuck up for was really grateful.'



3. Report the post

If the post, messages or photos are on a social media service, you should report it. Reporting is anonymous on most social media services and can be an effective way to put a stop to the drama.

4. Get outside help

If the drama is getting serious, it might be time to reach out for more help. Speak to a trusted adult, or someone with a bit more authority who would be able to help you out with the situation. Encourage whoever it is targeted at to seek help too. If they are feeling really down, let them know that they can reach out to a counselling or support service that is right for them.



I've been called a bully

If you've been called a bully, it might be because something you've done has hurt someone else's feelings.

If you've been called a bully, it might be because something you've done has hurt someone else's feelings. When you're online, it can be more difficult to realize what you're doing is upsetting someone, until it already has. If someone has called you out for your behaviour, even if you thought you were just making a joke, it is probably a good idea to stop and ask yourself why they might have said that.

While you might have meant a comment in a certain way, another person may see it differently. But there are some things you can do to turn the situation around, if someone has called you a bully.

What to do

1. Say you're sorry

Say you're sorry for making them feel upset, and show you really mean it. Remember, saying "sorry but..." is not a real apology. It's best not to make people feel bad for feeling upset. If they are upset because you posted a photo — delete it.

If they are upset because of a photo or video you uploaded of them, and they ask you to delete it, listen to their request and take it down. If other people have shared it, ask them to take it down too. In future, make sure you get consent from a person before posting something about them, or with them in it.

2. Try to put yourself in their shoes

If you are having trouble understanding why they are upset, put yourself in their shoes and think about what made them feel that way. You might have made fun of something they are insecure about or said something insensitively. Whatever it is, understanding why will help you avoid a similar situation in the future. It might also be useful to read about the difference between bullying and banter.

3. Be mindful of the wider context

Try being more proactively mindful, and aware of people's different backgrounds. Some things you think are OK to say, coming from your background, might not be OK for others



4. Don't be a bystander

If you see someone else taking a joke too far and making someone upset, don't be a bystander. Stepping up and asking the person being targeted if they're OK, can go a long way.

5. Get support

It can be confronting and upsetting to be called a bully, especially if you didn't mean to hurt someone. Reach out to a trusted adult or talk to a counsellor if you are worried or upset.

Banter vs Bullying

Banter is typically playful teasing between friends, whether it's an inside joke between school mates or a meme you're sharing in a group chat. But sometimes it can go too far.

Banter is meant to be light-hearted and friendly, but sometimes it can be taken too far, or escalate into bullying behaviour. You might not even realize you're doing it.

The way we talk online can also make it more difficult to know where to draw the line between banter and bullying.

It can be easy to misinterpret a comment or post, when you can't see someone's face or hear the tone of the person who posted it. In the same way, you might not have intended to hurt someone's feelings, but what you thought was friendly banter, could be considered bullying to someone else. Here is how you can help keep it friendly.



What to do

1. Don't get too personal

Set some limits. Picking on someone's appearance or aspects of their identity, like their gender, race, sexuality or religion, should not be material for funny banter. They might make fun of these things themselves, but it's a good idea to avoid these topics altogether. Also, if this is someone you know really well, you probably already know some things that your friend is insecure about. If you are aware it is a sensitive subject, don't go there!



2. Saying 'I was only joking' after the fact, doesn't help

Set some limits. Picking on someone's appearance or aspects of their identity, like their gender, race, sexuality or religion, should not be material for funny banter. They might make fun of these things themselves, but it's a good idea to avoid these topics altogether. Also, if this is someone you know really well, you probably already know some things that your friend is insecure about. If you are aware it is a sensitive subject, it's best to not go there!

3. Don't be a bystander

If you feel like someone is taking it too far in a group chat - maybe they're just unaware of how they are making the other person feel, gently point out to them that what they are saying can be taken the wrong way. You can do this by commenting on a post or by sending them a direct message. When they realize how they are making the other person feel, they'll most likely let up. And if they don't, report it or tell an adult you trust.

If you see that someone is clearly not taking someone else's banter as a joke, reach out to them and ask them if they are OK. Let them know that they can get help and support.



Cyberbullying

A guide to online bullying for schools

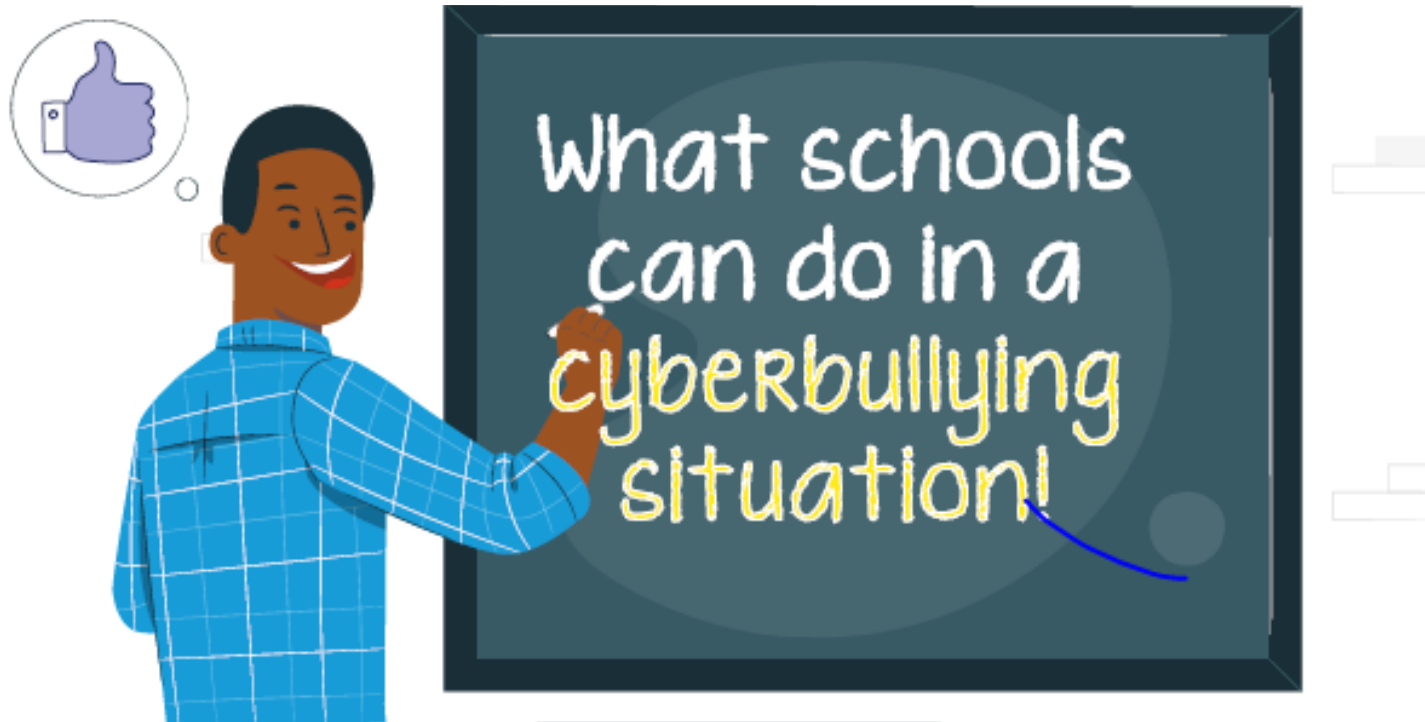
Online bullying can have a devastating impact on young people, whose online life is a key part of their identity and how they interact socially. Cyberbullying behaviour takes many forms, such as sending abusive messages, hurtful images or videos, nasty online gossip, excluding or humiliating others, or creating fake accounts in someone's name to trick or humiliate them.

I am worried my students may be bullying others

It is best to deal with any bullying behaviour as soon as possible before it gets too serious or becomes a regular pattern. "Good habits start young" has some useful advice.

I think my student is being bullied

Your child may not tell you if they are experiencing bullying behaviour online because of a fear it might make things worse for them or they may lose access to their devices and the internet.



For any school to thrive well in the world today, there has to be a lot of adjustment and re-tuning. This will lead to some critical steps taken in ensuring the school system is conducive for both the authorities, the community and the child. Schools and teachers play a vital role in promoting the social and emotional development and wellbeing of Africa's children and young people. This includes protecting students from cyberbullying and giving them the skills to deal with bullying experiences.

It is advisable to build cyberbullying and online safety concerns into the curriculum.

Include cyberbullying strategies in school online safety policies .

Support any student experiencing cyberbullying to report the bullying material to the appropriate social media service. You can also make a report to the following helplines **0800 2255 622, 0800 800 8001** or **send an email to help@ceceyara.org** ,.

Ensure every student, particularly those at risk, has a staff member who they feel connected to and activities that they can feel a part of. It is very important that they feel valued as a member of the school community.

Encourage all students to be 'upstanders' by safely speaking up and telling teachers and other responsible adults if they see or hear of cyberbullying.

Signs to watch for

- Being upset after using the internet or their mobile phone.
- Changes in personality, such as becoming more withdrawn, anxious, sad or angry.
- Appearing lonelier or distressed.
- Unexpected changes in friendship groups.
- A decline in their school work.
- Changes in their sleep patterns.
- Avoidance of school or clubs.
- A decline in their physical health.
- Becoming secretive about their online activities and mobile phone use



Cyber Bullying Management



Digital media and technology are evolving rapidly, and children today are using the internet to explore and create in ways never imagined. But with such extraordinary opportunities also come real risks for young children. One such risk is cyber-bullying which can negatively impact immediate and future well-being. Cyberbullying management is a must-have digital skill that empowers young children to detect cyberbullying situations and handle them wisely.

Worksheet



Cyberbullying hurts people and can be as simple as sending or forwarding a mean message. Let's be honest. Have you ever hurt your friends and/or other people by sending them mean messages? Write down:

(A) How you can stop yourself from hurting someone again

(B) What you should do if you see someone experiencing Cyberbullying

Let's find out more about cyberbullying so that you can spot it in the future.



Cyber-bullying is the act of using the Internet, cellphones, video games or other _____ to do something mean or other hurtful _____ to others.

Cyber-bullying H.U.R.T.s!!

H

U

R

T

Harmful on purpose (Teasing) **U**se of actions to feel powerful (control) **R**ipples like fire (going viral) **T**echnology is the carrier (chat rooms, SMS, social media)

Cyberbullying is unkind and not funny.

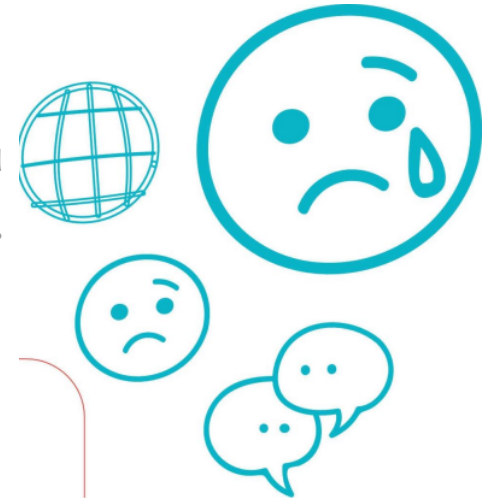
Cyber-bullying can happen in many ways and can often go unnoticed.

OK, truth time! Have you ever been a cyber-bully? Which of these online activities have you taken part in? Write Yes or No in the blanks

1. I made fun of someone by sending and posting stories, jokes, or pictures about them. (____)
2. I purposefully excluded someone from an online group. (____)
3. I sent or posted cruel and untrue things about someone. (____)
4. I entered or used someone's email, website, or computer without their permission then made changes and/or sent something to make them look bad. (____)
5. I sent or posted messages to someone saying that I will hurt them. (____)
6. I pretended to be someone else and sent and/or posted messages to get that person into trouble or make the person look bad. (____)
7. I kept on sending someone rude and insulting messages. (____)
8. I spread rumours or gossip about someone online. (____)
9. I tricked someone to provide me with secret or embarrassing information and then I sent and/or posted it online to others. (____)



It's so easy to take part in cyber-bullying. It takes only one "click" or one "forward" to spread mean messages online. Sometimes you may not even be aware that you are participating in cyber-bullying.



Name the 4 roles of cyber-bullying.

1

The child who starts and leads the bullying.

2

The child who is being bullied.

3

The child who is attracted to the bullying act and takes part in it.

4

The child who does not like the bullying act but does not want to get involved.

Hint: (By-stander, Supporter, Bully and victim)

When you are attacked by Boolees, stay cool!

Fill in the blanks to complete the 3 steps to stop cyber-bullying.
Then, search for the missing words in the crossword puzzle below.



Step 1. STOP! Don't -----

Step 2. Save the -----

Step 3. Tell a -----

L	D	D	N	I	E	H	W	S	T	D	T
U	Z	H	D	M	D	E	C	B	K	J	R
V	E	C	W	S	J	I	V	Y	Z	A	U
F	P	E	J	K	M	O	M	U	X	I	S
E	D	V	Z	R	E	P	L	Y	Q	F	T
B	G	I	Y	D	L	W	R	B	H	Z	E
M	L	D	Y	O	W	R	U	E	U	T	D
X	U	E	S	Z	P	S	G	M	B	G	A
W	Z	N	G	N	C	G	X	U	O	E	D
D	Y	C	B	K	V	C	Z	W	J	L	U
A	T	E	F	W	K	J	I	Y	O	T	L
P	E	A	B	A	U	F	Z	V	I	Z	T


Who are My Trusted Adults?


Fill in the blanks.


_____ are people you can look up to or rely on. They are willing to be with you to help when you are in trouble.

Be quick to tell _____ when you see a potential cyber danger, be it a small or big matter.

Who are the trusted adults that you can get help from?

	Name:
	Relationship:

	Name:
	Relationship:

	Name:
	Relationship:

Are you sure these are adults you can really trust? **Yes / No**

Don't hesitate to seek help from them when you need to.

When to seek help?

Always tell trusted adults when you run into cyber dangers!



Do you recall a time you needed help?
Describe what happened and how you asked for help.

Sometimes situations can be too dangerous for you to handle on your own
It is important to get help from trusted adults when you encounter any cyber danger.

QUIZ *Questions* & *Answers*

1. Which of the following are examples of cyber-bullying?

- Sending threatening messages via social media.
- Sharing an embarrassing video with some friends.
- Logging into someone else's account and pretending to be them.
- All of the above.
- None of the above.

2. Who is a cyber-bully?

- A teacher who gives you an online homework assignment.
- A friend who sends you a photo of a tiger.
- A person who writes a mean joke about you online.
- A neighbour who invites you to her birthday party.

3. Cyber-bullying is

- Complaining to your classmates that someone upset you, then taking revenge.
- Complaining to your teacher that your classmate has higher test marks than you.
- Making use of digital technologies to send your message to many people at once.
- Using digital technologies to send pictures or messages that hurt, embarrass or upset people.

*Offline bullying and cyber-bullying may be different or similar.
Answer the following questions.*

4. What can happen at any time and any day?

- Cyber-bullying
- Bullying
- Both

5. What can cause physical harm?

- Cyber-bullying
- Bullying
- Both

6. What can happen face-to-face?

- Cyber-bullying
- Bullying
- Both

7. What can be anonymous?

- Cyber-bullying
- Bullying
- Both

8. What can make you feel upset, sad, and angry?

- Cyber-bullying
- Bullying
- Both

9. What is a by-stander?

- The person who starts the bullying and plays the leader.
- The person who does not like the bullying but does not want to get involved.
- The person who is being bullied.
- The person who likes the bullying and is part of it.

10. What should you do if you receive a mean message? Fill in the blank.

Stop! Don't Reply -> Save the Evidence ->

- Tell an Adult.
- Send a mean message back.
- Delete your account.

11. What would be the BEST way to respond to a mean message you get online?

- Take it offline and deal with the bully face-to-face.
- Stop the person by punching the person.
- Stop, don't reply, save the evidence, and tell a trusted adult.
- Send a mean message back.
- Take the person's things when they are not looking.

12. You saw a post online that was making fun of a child in your class. You should

- Keep quiet and ignore it, otherwise, they might make fun of you too.
- Take a screenshot and inform a trusted adult.
- Join in and make fun of that classmate too.
- Shout and get angry at the person who is making fun of the classmate.

13. What happens when you respond to a bully's message?

- They will be frightened and stop bullying you next time.
- They get power over you because your response is exactly what the bully wants.
- It shows them you are angry and the bully will feel bad.
- Both you and the bully will be good friends.

14. What should you do if you are cyber-bullied in a chat group?

- Feel sad but do nothing.
- Get angry and yell at the bully.
- Exit the chat group.
- Find a way to embarrass the bully in another chat group.

15. How can we block a person on social media?

- By hacking their account and disabling it.
- By sending them a virus.
- By changing our privacy or preference settings.
- By using rods and cones to block the person's path.

16. What advice could you give to your friend who is being cyber-bullied? (Select all that applies).

- Block the cyber-bully from your friend or buddy list.
- Don't tell anyone because it's dobbing.
- Spread mean messages about the cyber-bully online.
- Seek help from your friends.

17. Which of the following comments are TRUE?

- I am not part of cyber-bullying if I share an embarrassing video about a classmate to my friends.
I just want to make my friends laugh.

- I am not part of cyberbullying if I forward a mean message about someone to other friends.
- You can't get cyber-bullied on Instagram.
- None of the above.

18. What are the 4 different roles in cyber-bullying?

- Bully, victim, bystander, trusted adult
- Bully, victim, bystander, supporter.
- Bully, supporter, helper, onlooker.
- Scammer, watcher, bully, victim.

19. Which of the following is NOT a good example of a trusted adult?

- Your parent.
- Your 20-year-old sister.
- An online friend who gives you advice.
- Your teacher.

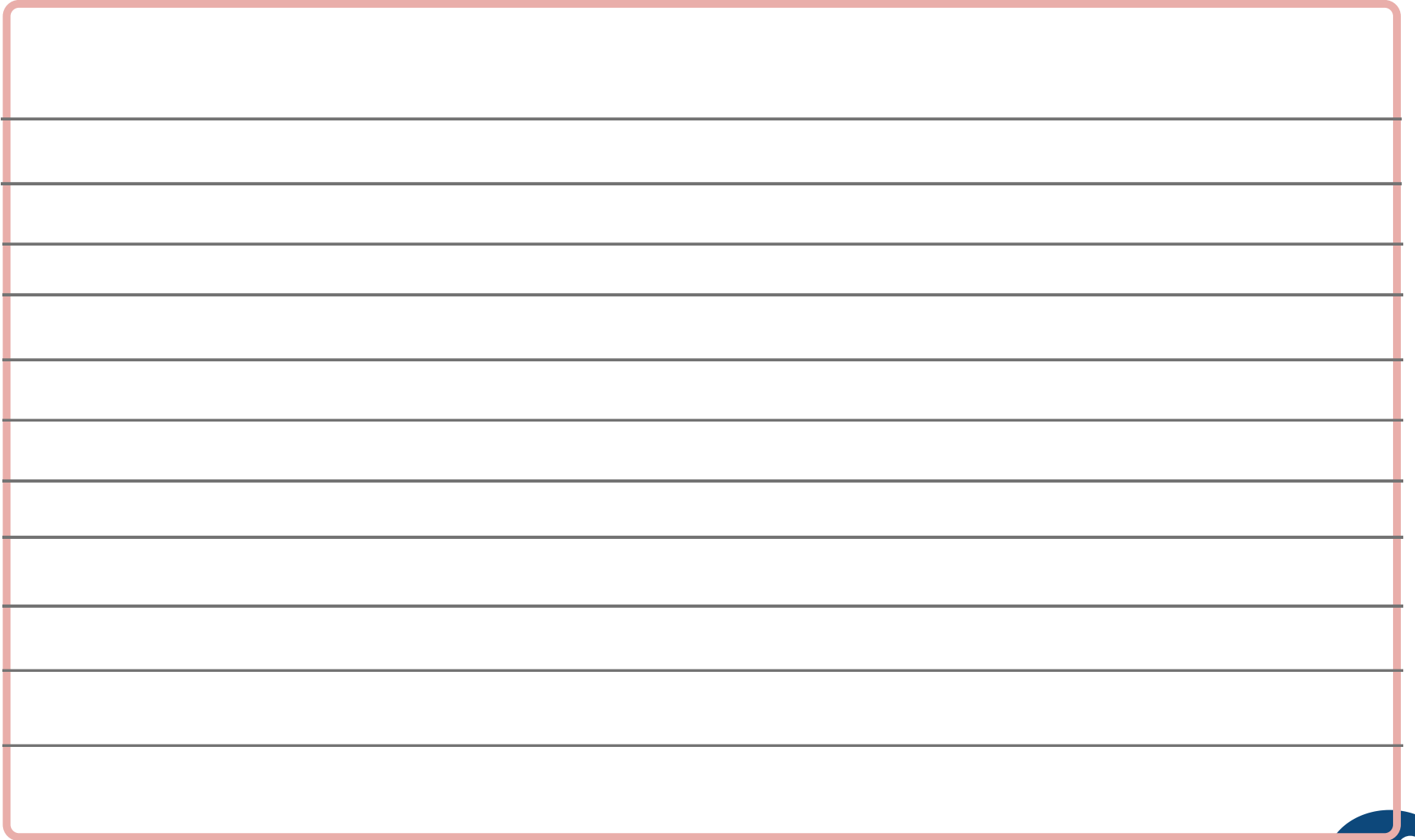
20. It is important to tell a trusted adult about cyber-bullying even if it seems minor because

- Bullies are usually adults.
- Adults can punch the bully in the face.
- Cyber-bullying can get out of control easily.
- All of the above.

21. Which of the following is TRUE? (Select all that apply)

- If you receive mean messages online, you should ask for help immediately.
- When you receive a mean message, you have every right to send back a mean message.
- We should always stand up against a cyber-bully by responding to the mean messages.
- Getting back at the bully turns you into a bully as well.
- Gossiping increases your risk of getting cyber-bullied.

Notes

A large rectangular area with a red border and horizontal lines, intended for taking notes. The area is empty and occupies most of the page below the title.



FACEBOOK



innovaré



Contact:

cop@ncc.gov.ng

NCC Toll-Free Line: 622

Cece Yara Fdn: 08008008001

Email: help@ceceyara.org

