

# Let's take measures against cyber-bullying

10-14

## SUBJECT(S)

Civic education - Digital citizenship, Constitution

## KEY COMPETENCES

- Communication in mother tongue
- Digital competence

## TOPIC(S)

Cyberbullying

## PRINCIPLE(S) OF THE MANIFESTO OF NON-HOSTILE COMMUNICATION

1. Virtual is real
2. You are what you communicate
3. Words shape the way I think
4. Listen before you speak
5. Words are bridges
6. Words have consequences
7. Share with care
8. Ideas can be discussed. People must be respected
9. An insult is not an argument
10. Silence says something too

## KEY QUESTIONS

- Can you recognise cyberbullying?
- Do you know what to do in these cases?
- Can you think of the best and toughest idea to help out?
- Or can you still improve?

## SOURCES

- » The Manifesto of Non-Hostile Communication
- » The questionnaire "Let's take measures against cyberbullying", an interesting tool for boys and girls aged 10 to 14 years which aims to help them recognize and prevent cyberbullying.

## MATERIALS

- A sheet of paper and a pen

## DESCRIPTION OF THE ACTIVITY

Introduction to the project Parole O\_Stili (5 minutes)

Introduction to the questionnaire/quiz "Let's take measures against cyberbullying". (5 minutes)

The teacher introduces the topic and starts brainstorming with the students on the questionnaire/quiz "Let's take measures against cyberbullying". In groups or individually, the students will be asked to answer questions and deepen the topic.

You can find the questions of the questionnaire.

1. The class WhatsApp group publishes a very embarrassing photo for one of you, "it's just an online photo anyway". How do you react?

A) 😂😂😂😂😂😂😂😂

B) I write: "Guys, this is not funny. Why don't we take off the picture?"

C) I would never do something like that. So, I don't comment and don't share.

D) I want the group to behave in a more adult way. So, I tell everyone that offenses online are real. And, if need be, I get help from an adult I trust.

Remember that...

Virtual is real

On the Internet, I only write or say what I would dare to say in person.

2. Your favourite team lost. You are watching your opponents celebrating online.

A) I am sad but I avoid turning my sadness into anger.

B) I am furious, and I vent it out.

C) Hey, sportsmanship is a serious thing, and I believe it: having tough opponents makes sport better.

D) There must be a positive side somewhere, right? For example, I can hope that next time we will celebrate.

Remember that...

You are what you communicate

The words I choose define who I am. They represent me.

3. A friend shares a video in which a teacher is bullied by his students.

A) I think "Poor teacher, who knows how he feels". But if I write something like this, could they take it out on me too? ...what if I write "guys, is that funny?"

B) I message the friend who shared the video and tell him that maybe it's not a good idea: "Come on, we're not bullies...what's the point of doing something like that?"

C) There are some terrible comments on the video...but they have not yet seen what I can write!

D) I would like to shout that it is not right to bully anyone. But then I decide that it is better to report the video to an adult I trust: s/he will know what to do.

Remember that...

Words shape the way I think

I take all the time I need to express my views in the best possible way.

4. A very famous rock star has a serious illness and says it online. S/he receives a huge load of "you just want visibility" accusations, and a lot of insults.

A) I write a comment: "Guys, have you understood what is written here? We're not talking about visibility, but courage".

B) I need to get a better understanding. I skip the comments and find the main post.

C) Hey, this celebrity wants everyone to understand that diseases happen, and that you have to be brave. S/he's not wrong!

D) "Of course s/he just wants visibility. Let's make him/her pay for it!"

Remember to...

Listen before you speak

No one can always be right, and nor am I. I listen, with an honest and open-minded attitude.

5. There is a girl on Facebook who always posts sad pictures, songs and poems, and keeps saying that she is sad.

A) Uh, this girl is such a drag. She deserves a 😞

B) I write to her that sometimes I happen to be sad too, but then I get over it. If she doesn't mind, I'll tell her how I do it.

C) Uh, this girl is such a drag. Poor girl, I send her a heart ❤️

D) I write to her. Whether she answers me or not, I'll show her page to an adult I trust: maybe she needs help.

Remember that...

Words are bridges

I choose words to understand, make myself understood and get close to others.

6. Chatting with a friend, you used a swear word against her to joke, making her angry. She unfriended you right away.

A) I hope that tomorrow she'll be over it so we can go back to having fun as usual.

B) Oh my, why so serious? Why don't you just have a laugh?

C) I did wrong, so I apologise. I care too much about her, it would be a shame to ruin a friendship that has lasted for years.

D) I put myself in her shoes, I understand her and I feel bad about it. I betrayed her trust.

Remember that...

Words have consequences

I am aware that what I say or write can have consequences, small or serious.

7. Someone posted a video of teenagers from the school doing embarrassing things. In such a situation, how would you behave?

A) I feel anguish for them. I need to talk to someone about this before everything goes south. I focus on choosing the right person.

B) Sharing at all costs? Heck, no.

C) I write: "Guys, perhaps this time it was not the case to publish."

D) I enjoy sharing and insulting. For me it's just a game.

Remember to...

Share with care

I share texts and images only after I have read, assessed and understood them.

8. Someone writes an insult to somebody on a school wall. You post a picture of the wall to express solidarity. There comes a huge load of insults, for you and the victim.

A) I hide all the insults: this is not the way to have a discussion!

B) I explain why it is important to express solidarity. I explain that I will delete all insults, and why it is necessary to do so.

C) Whoever insults deserves to be insulted. And I will go down hard.

D) I do not reply — some comments don't deserve an answer.

Remember that...

Ideas can be discussed. People must be respected

Those whose views and opinions differ from mine are not enemies to be destroyed.

9. You post your opinion on the latest online controversy. All hell is breaking loose on your page. Luckily, your friends come to defend you...

A) Great! "Let's join forces ... they had it coming"

B) "No, no, let's all stay calm...this is not what I wanted!"

C) "Guys, that's enough: I'm going to cancel all the insults, whoever they are".

D) I don't know if I like the tone of this discussion.

Remember that...

An insult is not an argument

I accept no offensive and aggressive words, even if they support my point of view.

10. Your best friend told you a crazy story and you're dying to make a post about it.

A) I'm old enough to know when you can talk and post, and when it's best not to. And this time it's better not to.

B) This story is so crazy, I want to make a post. Do you know how many comments and how many likes I will get?

C) Mmmmh...since it's such a crazy story, maybe we shouldn't send it around.

D) No, come on, it's a matter of respect: I can't betray a friend.

Remember that...

Silence says something too

When it is better to keep quiet, I do.

### SCORE CALCULATOR

The answers vary from "wrong answer" to "best answer".

Follow the diagram to calculate the exact score.

- Less than 60: You need to study a bit more! Increase your commitment to gain a few cm of awareness.
- From 60 to 74: There's still a lot to improve but smile, you're on the right track!
- From 75 to 89: You're close to achieving maximum awareness. Come on!
- From 90 to 100: Great! You've taken the right measures against cyberbullying!

DOMANDA	RISPOSTA			
	A	B	C	D
1	1	8	5	10
2	5	1	10	8
3	8	5	1	10
4	10	5	8	1
5	1	8	5	10
6	5	1	10	8
7	10	5	8	1
8	8	10	1	5
9	1	8	10	5
10	10	1	5	8