

Cyberbullying

Social media, messenger services and other apps enable or facilitate cyberbullying and cyberstalking. They often offer not only the platforms on which the bullying or stalking takes place, but also make private information of the users publicly accessible.

Cyberbullying[1] is the deliberate insulting, threatening, exposing or harassing of others that takes place over Internet and mobile phone services over a period of time. The perpetrator - also known as a "bully" - looks for a victim who is unable to or finds it difficult to defend themselves against the attacks. There is thus an imbalance of power between perpetrator and victim, which the perpetrator exploits while the victim is socially isolated.

Cyberbullying takes place on the Internet (e.g. on social media networks, in video portals) and via smartphones (e.g. through instant messaging applications such as WhatsApp, unwanted or upsetting calls, etc.). Often the bully acts anonymously so that the victim does not know exactly who the attacks originate from. However, the opposite can also be true for children and young people, who may know each other from their "real" personal environment. The victims therefore may suspect or know who might be behind the attacks.

Cyberbullying can be detected and also combated in its early stages. If you notice that a friend, classmate or relative suddenly changes his behaviour, help is needed. Indications of this are when a victim:

- Acts with restraint
- Loses the desire to communicate
- Isolates themselves from the outside world
- Reacts aggressively
- Has many excuses or inexplicable physical complaints
- Or downplays the situation

If these symptoms occur, you should talk to your child immediately, because cyberbullying must be nipped in the bud to prevent damage.

If your child is already being bullied, it is always advisable to consult an expert. You can find out how you can get help from Anti bullying alliance[2] or your local government.

Sensitize your children to the handling of cyberbullying by talking openly with your child about bullying and going through the different variants. Give your child the assurance that he or she can always turn to you.

Description

Parents / Grandparents / Children watch the video "Let*s fight it together"

English: <https://www.youtube.com/watch?v=2qn6VcvejEk>

German subtitles: <https://www.youtube.com/watch?v=hYrDbGzZVUQ>

Spanish subtitles: <https://www.youtube.com/watch?v=IKHdWZ6Xq7U>

Photos and images



<https://pixabay.com/de/photos/mobbing-cybermobbing-beleidigen-4378156/>



<https://pixabay.com/de/photos/handy-smartphone-whatsapp-messenger-1026122/>



<https://pixabay.com/de/photos/kein-hass-aktion-gegen-cybermobbing-1125176/>

Age range

This activity can be done with children from 12 years of age.

Learning objectives

Critical thinking about cyberbullying.

Consider common solutions to a cyberbullying situation.

Consolidating with role play.

Preparation for the activity

For this activity you need a PC / laptop with internet access and speakers.

Activity step-by step

First activity[4]: “Let’s fight it together”

Part 1: Watch the film „Let’s fight it together“.

English: <https://www.youtube.com/watch?v=2qn6VcvejEk>

with German subtitles: <https://www.youtube.com/watch?v=83vGLr-sqjw>

With Spanish subtitles: <https://www.youtube.com/watch?v=2n1lZar-ygE>

Part 2: Duration approx. 10 minutes

In a role play the following characters appearing in the film are embodied by children and parents/grandparents.

Joe, Joe's mother, Kim, Rob, the teacher and the director

If the group consists of more than 6 people, all other participants can support as coaches. They can also act as observers and write down the possible solutions introduced in the game.

Procedure:

Everyone involved comes together for a discussion. They must decide how to address the cyberbullying situation.

First the players consult with their coaches for a few minutes and consider how the person could act in their role.

Then the role play begins, in which the participants offer their opinions and ideas for conflict resolution.

Part 3: Consolidation of proposed solutions

- Short feedback from the 6 players about their feelings during the game
- Discussion of the results
- Additional ideas for further solutions can be discussed and supplemented in the discussion.

Second activity: Watch the movie “Cyberbully”

German version: <https://www.youtube.com/watch?v=83vGLr-sqjw>

English version: https://www.youtube.com/watch?v=sKe_TWENIP8

Spanish version: <https://www.youtube.com/watch?v=kmZZZbSx-Xw>

There are 5 stops built into the film. Please stick to the time indications and clarify the questions in the individual stops, which you will find below.

1. Stop: 00:05:50

- Trust or control?
- Care or responsibility?
- Is the control of the mother/parents justified?
- May/should parents monitor their children?

2. Stop: 00:15:45

- Was Taylor’s reaction to the comments justified?
- Did she act correctly?

3. Stop: 00:26:14

- What could Taylor do about cyberbullying?
- How should she act?

4. Stop: 00:51:55

- Does freedom of expression give someone the right to bully?
- Is Lindsay’s Father right?

5. Stop: 01:08:00

- What can be done about cyberbullying?
- How do you deal with bullying?

Some doubt that may arise

Emotional outbursts can occur during the discussion. Remain objective and calm.

Controversial solutions can arise. Take your time and consider your children's suggestions for solutions without judging them.

Set a time limit on your discussion.

Questions for reflection, self-assessment and conclusions

- What did you / your children learn from the role play?
- Did you experience any problems during the implementation? If so, what?
- Have you identified solutions for you and your children should cyberbullying occur?

Recommendations for adaptation to different age groups

Both films are suitable for the age group 12-18 years.

References

Let's fight it together: <https://www.youtube.com/watch?v=hYrDbGzZVUQ>

Cyberbully: <https://www.youtube.com/watch?v=83vGLr-sqjw>

<https://www.saferinternet.at/services/broschuerenservice/>

[1] Source: <https://www.klicksafe.de/themen/kommunizieren/cyber-mobbing/cyber-mobbing-was-ist-das/?L=0>

at 25.04.2020

[2] <https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied/find-help-and-support>

[3] <https://www.cybersmile.org/advice-help/category/who-to-call>

[4] Source: <https://www.saferinternet.at/services/broschuerenservice/> at 10.07.2020