Lesson 3: Types of bullying and cyberbullying

Now that we are aware of what bullying means, its origins, definitions and differences, as well as the different roles in bullying and cyberbullying, let's dive into the Types of bullying and cyberbullying. Now that we are aware of what bullying means, its origins, definitions and differences, as well as the different roles in bullying and cyberbullying, let's dive into the Types of bullying and cyberbullying. What are we going to learn? Recognise and differentiate the different forms of bullying Recognise and differentiate the different forms of cyberbullying Learn methodologies to avoid this bullying and cyberbullying situations Learn about anonymity and social media response to cyberbullying Core topics: Types of bullying Types of cyberbullying Tips to avoid these situations Anonymity and social media Resources that we need: Electronic devices with internet connexions Youtube Board Paper Pencils Methodology: Classroom discussion Video Analysis

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3.1 Types of Bullying

In lesson 1 we discussed the definition of “bullying” and “cyberbullying”. Now, we will study the different forms in which bullying can appear. Let’s drive in:

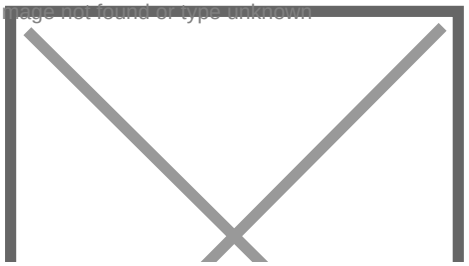
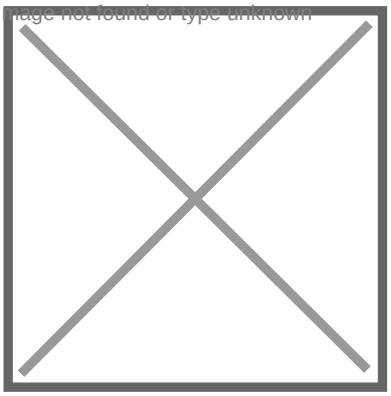
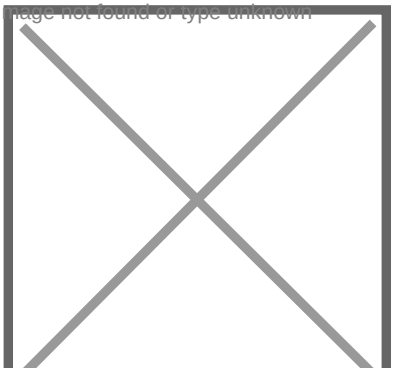
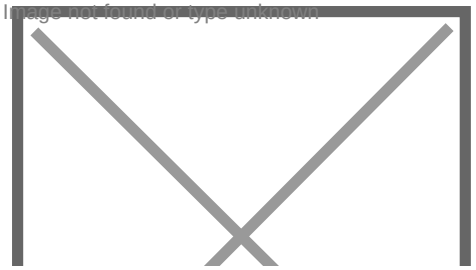
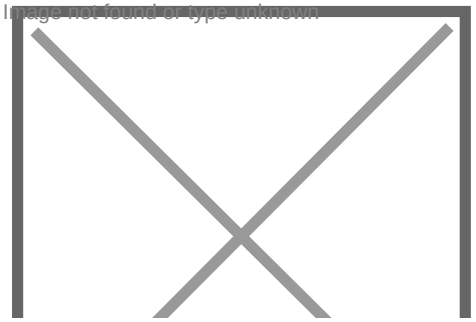
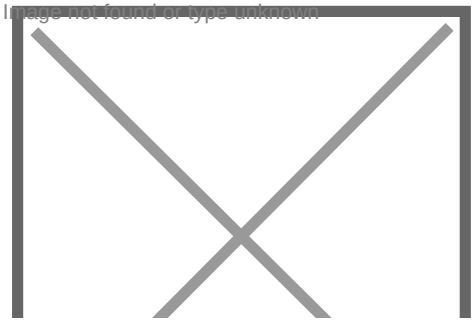
Image not found or type unknown 	Physical Bullying: This is the most visible type of bullying, which involves physical aggression like hitting, pushing, or kicking. The bully uses their physical strength to intimidate the victim.
Image not found or type unknown 	Verbal Bullying: This type of bullying includes name-calling, teasing, and insults. Verbal bullying can be just as hurtful as physical bullying, and it can leave long-lasting emotional scars.
Image not found or type unknown 	Social Bullying: This type of bullying is also known as relational bullying, and it involves damaging the victim's social reputation or relationships. The bully spreads rumors, excludes the victim from social groups, and manipulates friendships.

Image not found or type unknown 	Cyberbullying: This type of bullying occurs online or through electronic devices. It includes sending hurtful or threatening messages, posting embarrassing pictures, or spreading rumors online. Cyberbullying can have a significant impact on the victim's mental health and can be difficult to escape (check Lesson 1 for more information).
Image not found or type unknown 	Emotional Bullying: This type of bullying involves the bully attacking the victim's emotional well-being. Emotional bullying includes behaviors such as manipulating, intimidating, or using the victim's emotions against them to control or harm them. It can cause the victim to feel anxious, depressed, or helpless.
Image not found or type unknown 	Racial Bullying: This type of bullying targets individuals based on their race or ethnicity. It includes using racial slurs, making derogatory comments, or discriminating against someone because of their skin color or cultural background.

Exercise

1. **Watch the following video:**

https://www.youtube.com/embed/w6FfxnhRssw

After watching this video, Let’s answer these questions:

- What are some common signs that someone may be experiencing bullying, as mentioned in the video?
- According to the video, why is it essential for bystanders to take action when witnessing bullying incidents?
- What are some effective strategies mentioned in the video for preventing and addressing bullying in schools?
- How does the video emphasize the role of empathy and kindness in creating a positive school climate and reducing bullying?
- Have you ever experienced one of these situations? What did you do?

2. Which ways do you know to prevent and address bullying?

Write down 5 possible answers, after 10 minutes compare your answers in pairs and choose the 5 best answers. Discuss why you think these are the best answers with the rest of your classmate

There are many ways to prevent and address bullying and cyberbullying, such as:

- educating students about the negative impacts of these behaviors,
- establishing clear rules and consequences,
- encouraging positive behavior and community building,
- monitoring online activity,
- providing support and counseling to affected students,
- involving parents in prevention efforts,
- promoting reporting and non-retaliation,
- avoiding isolation and seeking help,
- setting boundaries and developing a plan of action,
- showing support to victims, and
- participating in anti-bullying initiatives.

3. Activity: Self-reflexion

1 of the classmate should go to the board and write their classmates answers

The teacher/moderator can ask the following questions:

- What do you consider cyberbullying? Name different actions such as sending mean messages directly to someone, spreading rumors or excluding someone online,etc.
- Showing the “TABLE 1” classifies the actions into the different types of cyberbullying.
- Which of them are more harmful? And how can they be avoided?
- Which actions can you take to prevent these cyberbullying situations?

3.2 Types of cyberbullying

In lesson 1 we studied the definition of “Cyberbullying”, in this section we will study the different types of Cyberbullying:

Harassment This is a form of cyberbullying that involves sending repetitive or unwanted messages to the victim. It can also include threatening or intimidating messages.	**Impersonation** This type of cyberbullying involves creating fake social media profiles to impersonate or mock the victim. The bully can use the fake profile to spread rumors or embarrassing information.
Exclusion Cyberbullying can also involve excluding the victim from online groups or social media platforms. The bully may block the victim from their social media profiles or exclude them from online conversations.	**Cyberstalking** This type of cyberbullying involves repeatedly sending messages or following the victim online. Cyberstalking can be particularly frightening for the victim and can cause significant emotional distress.
Denigration This type of cyberbullying involves spreading rumors or posting negative comments about the victim online. The bully may use social media platforms or messaging apps to humiliate or embarrass the victim.	**Outing** Cyberbullying can involve sharing personal or embarrassing information about the victim without their consent. This can include sharing private messages or pictures online.
Trickery Cyberbullying can also involve tricking the victim into sharing personal information or engaging in inappropriate behavior online. The bully may use fake identities or manipulate the victim to share compromising information.	**Cyberthreats** This type of cyberbullying involves sending threatening messages to the victim. The bully may threaten physical harm or use online threats to intimidate and control the victim.

https://www.youtube.com/embed/4IJzpoN8YQc?ab_channel=LoujaynHaggag

3.3 Cyberbullying prevention

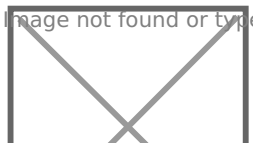
How many hours per day do you spend on social media? These hours are the same that you are exposed to be cyberbullied or be a cyberbullier. Cyberbullying can happen at any time, and it can be difficult to escape from because it can reach the victim 24/7

So, to manage cyberbullying and social media situations, it is important to take action immediately.

How can we tackle cyberbullying on social media?

1. Don't respond to the bully: Responding to the bully can often escalate the situation and make it worse. It's best to ignore the bully and not engage in any conversations with them.
2. Block the bully: Most social media platforms have a feature that allows you to block users. This can prevent the bully from being able to see your profile or send you messages.
3. Report the bully: Most social media platforms also have a feature that allows you to report users who are engaging in abusive behavior. Reporting the bully can help the social media platform take action against the bully and prevent them from causing harm to others.
4. Talk to someone you trust: Cyberbullying can be distressing, and it's important to talk to someone you trust, such as a friend or family member, about how you are feeling.
5. Document the bullying: If the bullying continues, it can be helpful to keep a record of the incidents. This can include screenshots of messages or posts, as well as any other evidence of the bullying.
6. Seek professional help: If cyberbullying is having a significant impact on your well-being, it may be helpful to seek professional help from a therapist or counselor who can provide you with support and guidance.

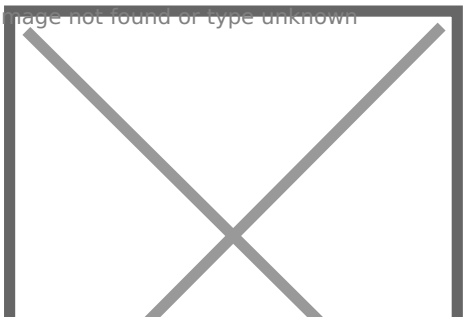
Do you know other ways to stop it? Please share it with your classmates.



In response, Snapchat had introduced a feature called "Here For You" that offers in-app support for mental health and well-being. This portal provides resources on various topics such as grief, bullying, harassment, anxiety, eating disorders, depression, stress, all of which were developed in collaboration with leading international advocacy and mental health organizations.

Image not found or type	Tik Tok took decisive action against any behavior or content that seeks to shame, bully, or harass members of the community. Moreover, they partnered with experts to develop a well-being guide, which provides valuable information on improving mental health and maintaining a safe, inclusive space for the community
Image not found or type	On Facebook and Instagram, a set of Community Standards and Community Guidelines, respectively, have been established. Any content that violates these policies, such as bullying or harassment, is promptly addressed and action is taken against the violators.

The social media platforms are constantly enhancing their detection tools to identify such content more efficiently. Preventing the display of hateful or harassing content in private conversations can be a challenge since these messages are private. However, Facebook and Instagram have implemented measures to take stricter action against those who violate their rules. If an individual persists in sending violating messages, their account will be disabled. New accounts created to circumvent messaging restrictions will also be disabled, and accounts solely created to send harmful messages will continue to be disabled as well.



Activity: Social media reflexion

- Do you think that these measures are enough?
- If you could, what other measures would you implement?

and now it's time to take action!!

Remember, each and every one of us has the power to make a difference. It starts with being aware of our own actions and treating others with kindness, respect, and empathy. Let's be the change we want to see in our school and community!

3.4 Resources and things to remember

If you want to learn more, please consult this profiles and links:

1. @Theofficialstompoutbullying- STOMP Out Bullying
2. @antibullyingalliance- Anti-Bullying Alliance
3. @saynobullying- StopBullying.gov

Bibliography:

1. https://www.unicef.org/end-violence/how-to-stop-cyberbullying
2. https://www.unicef.org/media/66496/file/Behind-the-Numbers.pdf
3. https://www.ncab.org.au/bullying-advice/bullying-for-parents/types-of-bullying/

Video Resources:

- Who Does Bullying Affect? Retrieved from: https://www.youtube.com/watch?v=NDsrYiHjNbQ, 2/12/2023
- Cyber Bullying Virus *cyberbullying* *mental health*. Retrieved from: https://www.youtube.com/watch?v=vmQ8nM7b6XQ, 2/12/2023
- The bullying stories and experiences and impact of young people cyberbullying. Retrieved from: https://www.youtube.com/watch?v=XFmwWcGUWU4, 2/12/2023
- https://youtu.be/w6FfxnhRssw - Different types of bullying
- https://www.youtube.com/watch?v=eQo-TknxI_I - Cyberbullying
- https://www.youtube.com/watch?v=NWla0cusVsM - Cyberstalking
- https://www.youtube.com/watch?v=66ok_oVyV9o - INTERNET | 2D Animated Short Film 2021 | Cartoon
- https://www.youtube.com/watch?v=N290KNPUiWM - Forms of Cyberbullying #5: Outing

Literature:

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- Characteristics, causes and consequences of cyber violence. Downloaded from: https://hr.thpanorama.com/articles/psicologa-educativa/ciberbullying-caractersticas-causas-y-consecuencias.html, 2/10/2023
- Jelić, I. (2017). Peer violence of students (Master's thesis). Retrieved from: https://urn.nsk.hr/urn:nbn:hr:147:565286, 2/11/2023