3.3 Cyberbullying prevention

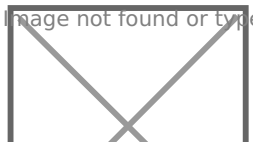
How many hours per day do you spend on social media? These hours are the same that you are exposed to be cyberbullied or be a cyberbullier. Cyberbullying can happen at any time, and it can be difficult to escape from because it can reach the victim 24/7

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.

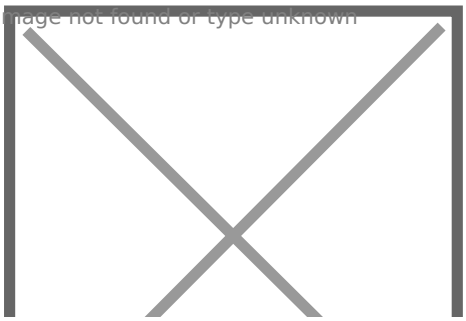
Do you know other ways to stop it? Please share it with your classmates.



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!

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