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?

Revision #5
Created 17 February 2023 15:47:45 by Antonija Lujanac
Updated 7 August 2023 12:04:43 by Gaia Terenzi