



Online safety in digital world exercise



NEET SYSTEM

Online Educational Escape Rooms to
Re-engage ESLs and NEETs

Activity

Module Title	Online safety in digital youth work		
Duration of Activity (in minutes)	0,5 hour	Learning Outcome	You will learn how to stop cyberbullying on social media
Aim of activity	Identifying the measures to stop cyberbullying This activity aims to support you in knowing how to stop cyberbullying on social media and what particular steps to take, when it happens to you, your colleagues or your students.		
Materials Required for Activity	Note-taking materials, pen or pencil.		
Step-by-step instructions	<p>In order to complete this activity, please follow the steps:</p> <ul style="list-style-type: none"> • Step 1 – Read the following eight paragraphs. • Step 2 – Go through the bellow listed headings. • Step 3 – Match the paragraphs with the right headings. • Step 4 – Check the solution. <p>1. What people call “bullying” is sometimes an argument between two people. But if someone is repeatedly cruel to you, that’s bullying, and you mustn’t blame yourself. No one deserves to be treated cruelly.</p> <p>2. Sometimes a reaction is exactly what aggressors are looking for because they think it gives them power over you, and you don’t want to empower a bully. If you can, remove yourself from the situation. If you can’t, sometimes humor disarms or distracts a person from bullying.</p> <p>3. The only good news about bullying online is that it can usually be captured, saved, and shown to someone who can help. You can save that evidence in case things escalate.</p> <p>4. Tell the person to stop. This is completely up to you – don't do it if you don't feel comfortable doing it, because you need to make your position completely clear that you will not stand for this treatment anymore.</p> <p>5. When the behavior is really getting to you; a friend, relative or superior can view the problem from a different perspective and may help you to do not underestimate the case.</p> <p>6. Most social media apps and services allow you to block the person. Whether the harassment’s in an app, texting, comments or tagged photos, do yourself a favor and</p>		

block the person. You can also report the problem to the service. If you're getting threats of physical harm, you should call your local police.

7. Don't share your passwords with anyone – even your closest friends, who may not be close forever – and password-protect your phone so no one can use it to impersonate you.

8. Just standing by can empower an aggressor and does nothing to help. The best thing you can do is try to stop the bullying by taking a stand against it. If you can't stop it, support the person being bullied. If the person's a friend, you can listen and see how to help. Consider together whether you should report the bullying. If you're not already friends, even a kind word can help reduce the pain.

Headings:

Tell the person to stop.

Protect your accounts.

If someone you know is being bullied, take an action.

Reach out for help.

Don't respond or retaliate.

Save the evidence.

Know that it's not your fault.

Use available tech tools.

Solution:

1. *Know that it's not your fault.*

2. *Don't respond or retaliate.*

3. *Save the evidence.*

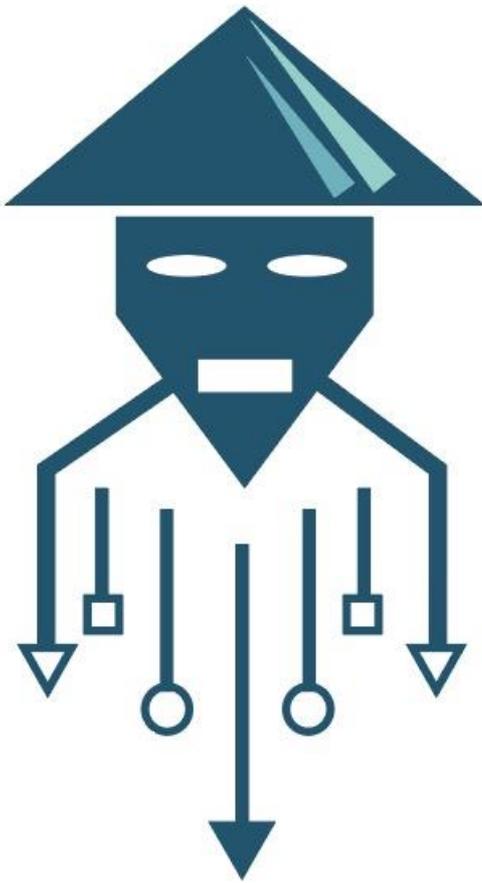
4. *Tell the person to stop.*

5. *Reach out for help*

6. *Use available tech tools.*

7. *Protect your accounts*

8. *If someone you know is being bullied, take an action.*



NEET SYSTEM



Co-funded by the
Erasmus+ Programme
of the European Union



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project Number: 2018-1-DE02-KA204-005034