Dear God,

Please help us to have the courage to speak up when we need to.

Please help us to trust and forgive others,

And provide compassion and kindness as you have taught us.

Amen.

What is cyberbullying?

Task: In pairs, write a **definition of cyberbullying**

2 minutes

Cyberbullying is any form of bullying that takes place online. Our generation spends a lot of time on our phones, tablets, social media sites and messaging apps, so we are more likely to come across it.

According to the Office for National Statistics, a survey in 2020 found that seven out of ten children aged 10 to 15 years who experienced online bullying said that it was by someone from their school. Nearly the same number were emotionally affected by the online bullying behaviour that they experienced.

Anyone who makes threats to us on the internet could be committing a criminal offence. In the UK, it's against the law to use the phone or the internet to cause alarm or distress to others. If we post abuse online about anyone or send threats, our internet provider has records of our activity. The police can require internet providers to share this information.

Just because the bullying is taking place online does not make it any less harmful. Cyberbullying can have devastating and sometimes long-lasting effects on the person involved. It is important to know the signs so that we can put a stop to it.
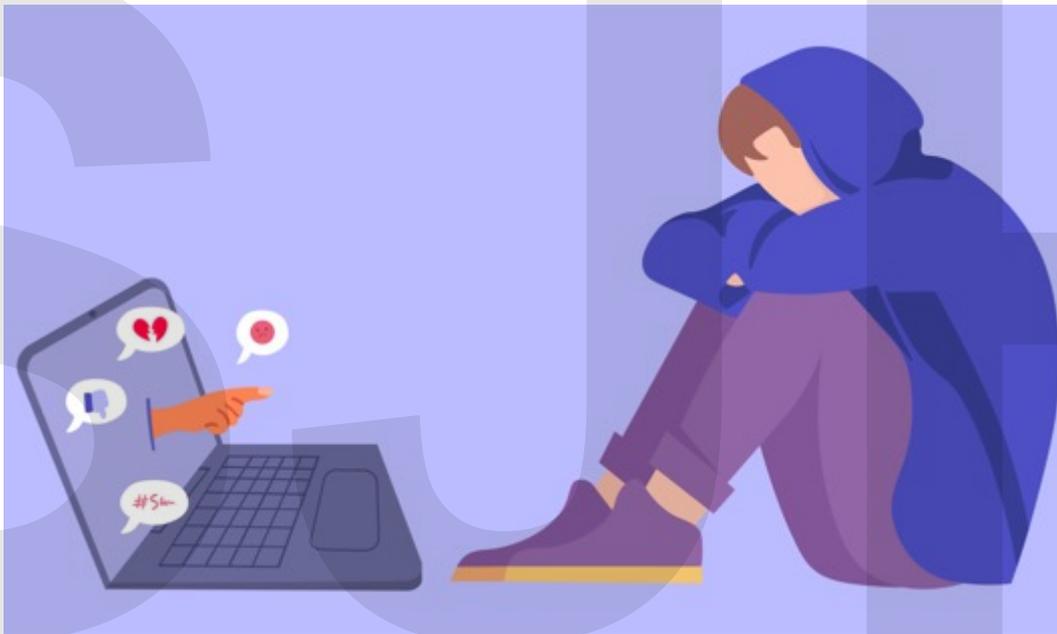
Harrassment

This is the act of sending offensive, rude and insulting messages and being abusive. It includes nasty or humiliating comments on posts, photos and videos on social media sites, chat rooms and gaming sites.
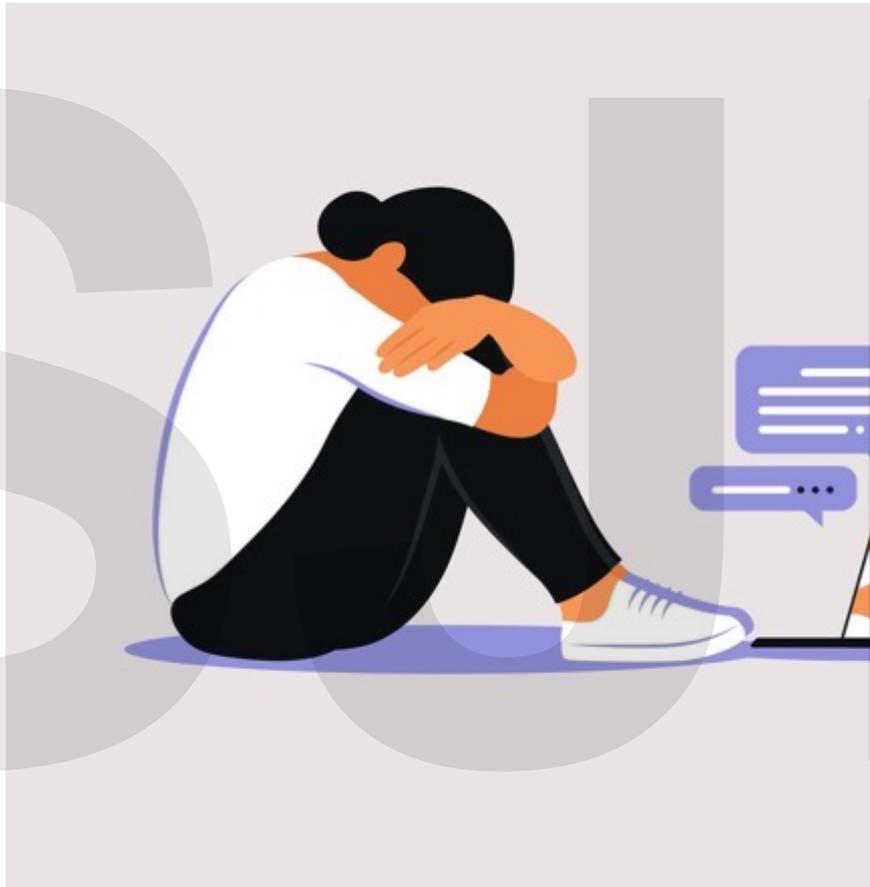
Denigration

This is when someone may send information about another person that is fake, damaging and untrue. They may share photos of someone for the purpose of ridiculing them or spreading fake rumours and gossip. The photos can also be altered for the purpose of bullying.

Flaming

This is when someone is purposely using extreme, offensive language and getting into online arguments. People do this to cause reactions and enjoy the fact that it causes distress to others.
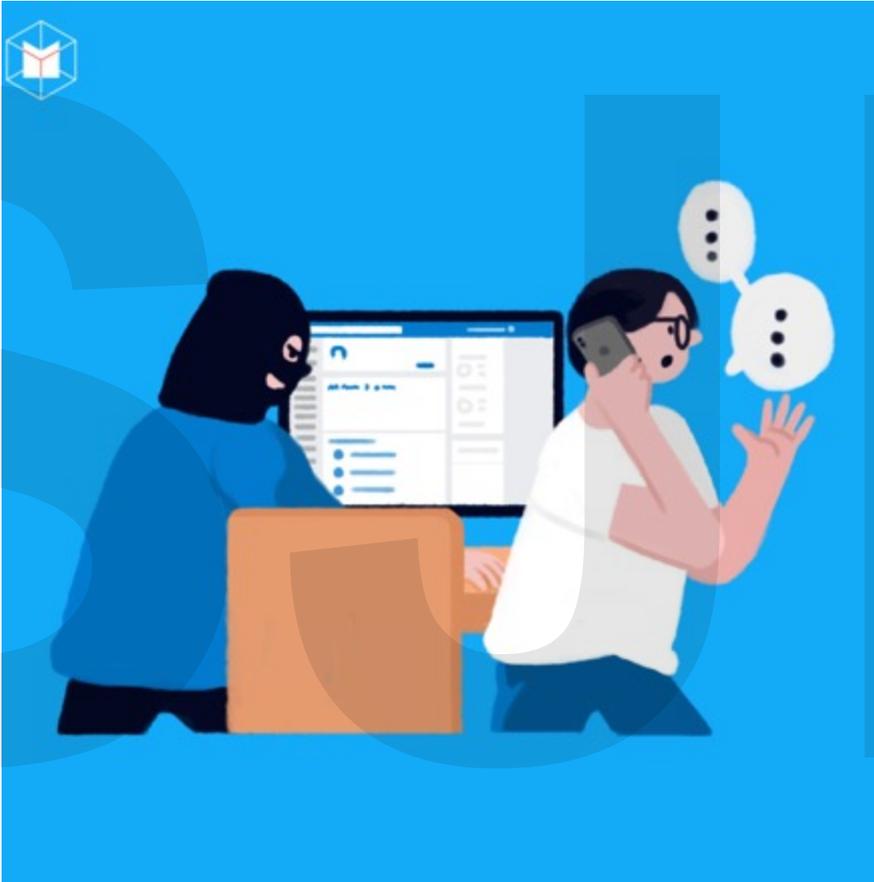
Impersonation

This is when someone hacks into someone's email or social networking account and uses the person's online identity to send or post vicious or embarrassing material to or about others. Perpetrators may also create fake accounts to cause hurt and humiliation.

Outing and trickery

This is when someone may share personal information about another or trick someone into revealing secrets and forward them to others. They may do this with private images and videos too.

Cyberstalking

This is the act of repeatedly sending messages that include threats of harm or harassment, or intimidating messages. It can also involve engaging in other online activities that make a person afraid for his or her safety. The actions may be illegal, depending on what they are doing.

Exclusion

This is when others intentionally leave someone out of a group such as group messages, online apps, gaming sites and other online engagement.
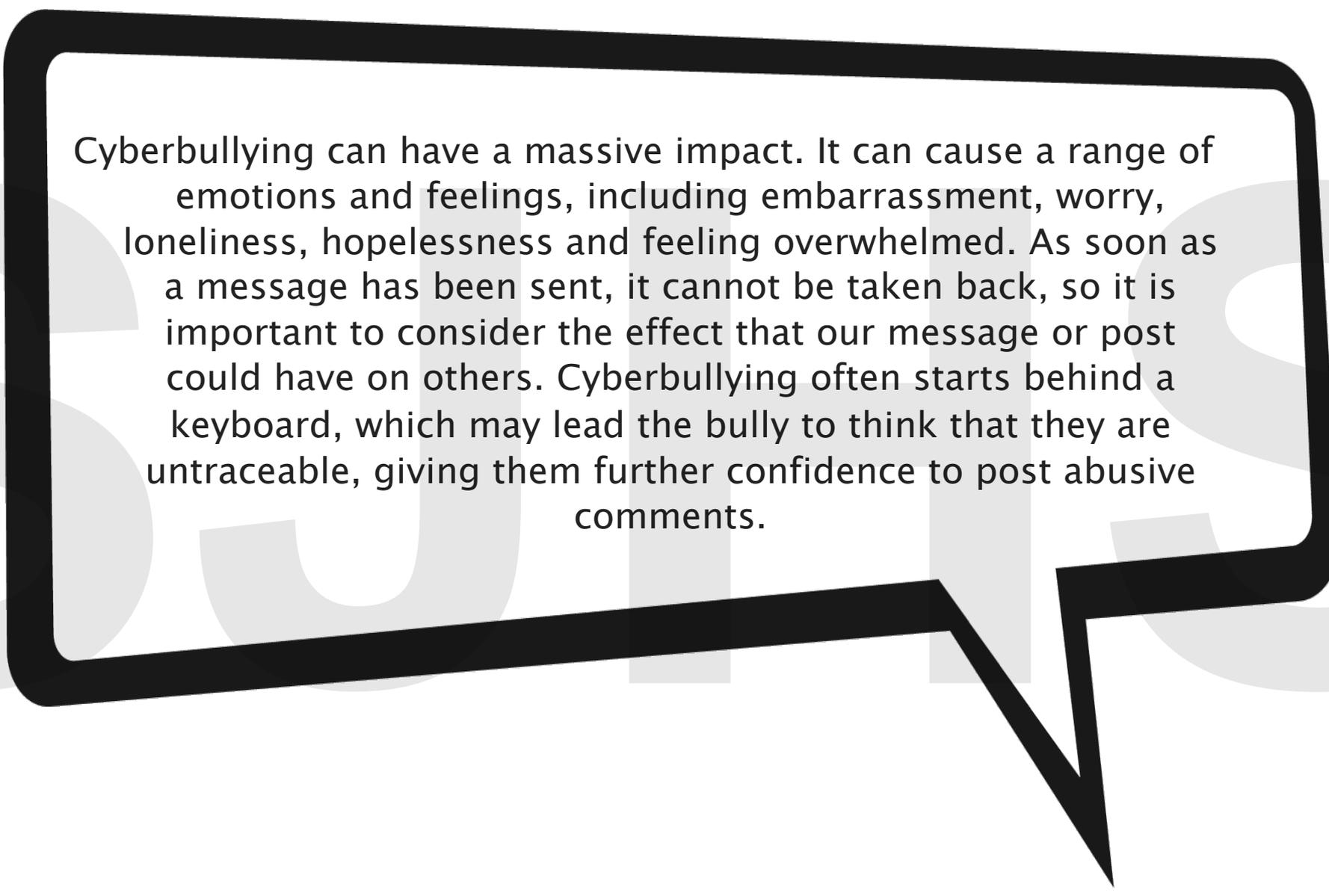
Cyberbullying can have a massive impact. It can cause a range of emotions and feelings, including embarrassment, worry, loneliness, hopelessness and feeling overwhelmed. As soon as a message has been sent, it cannot be taken back, so it is important to consider the effect that our message or post could have on others. Cyberbullying often starts behind a keyboard, which may lead the bully to think that they are untraceable, giving them further confidence to post abusive comments.

When cyberbullying continues, it can feel relentless. It may result in victims not wanting to come to school or go about their usual activities. They may withdraw from friends and family, and sometimes, their feelings can even lead to self-harm and suicide.

In 2010, **8%** of girls questioned had experienced cyberbullying, but in 2014, **15%** had experienced cyberbullying.
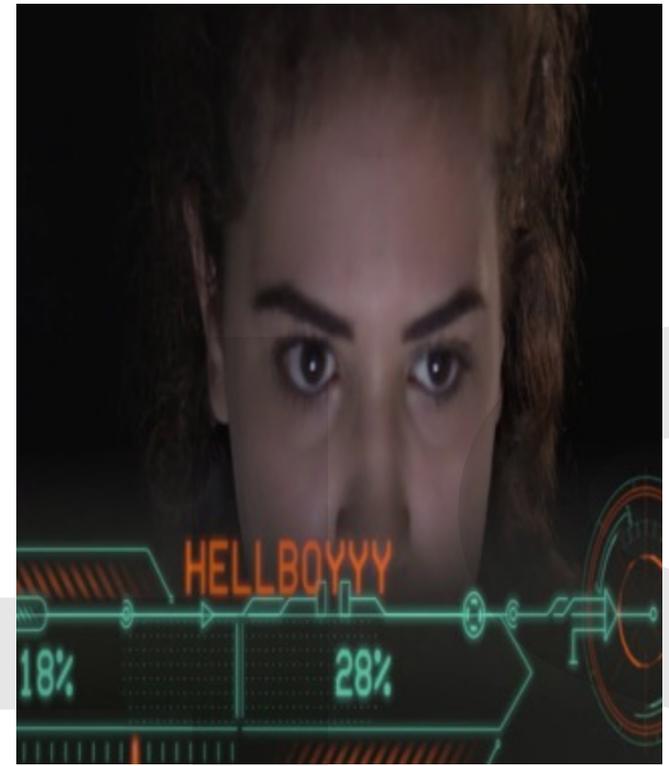
Do you think girls have a harder time online? Why is this?

Activity –Watch the following clip
   Is it cyberbullying?' : https://youtu.be/vtfMzmkYp9E

- An important question to consider is, **'What should we do if we are being bullied or know someone who is?'**

  Admitting that we are being bullied can be difficult. We may worry about making things worse, we may feel that we will be judged or embarrassed, or we may not know who to speak to or what to say.

- However, the most important thing is not to ignore or hide what is going on. Otherwise, the bullying may escalate. If we are being bullied, whether it is happening online or in person, we must tell an adult whom we can trust. This could be a parent, a member of school staff or a helpline advisor. There are actions available to put a stop to bullying; we do not have to put up with it.

- Most social media sites have a button for reporting abuse; making a report can result in the perpetrator being blocked or deleted from the site anonymously. We can also block anyone on social networking sites such as Facebook and Instagram so that they cannot message us again. It is a good idea to take a screenshot of any abusive messages to use as evidence.

DISCUSS

Think of ways in which we can protect ourselves and others from bullying and cyberbullying and how kindness can eliminate hate.

Dealing with cyberbullying

Report it and block people

If someone's harassing or bullying you online, you can report it on the site or app. Even if someone else has reported it, making a report yourself can make it more likely the content will be removed. Don't reply to abusive messages or posts as this can make things worse.

Dealing with cyberbullying

Keep evidence

Keep a diary of what's been happening and when, and take screenshots of online messages. This can help you prove what's been happening.

Dealing with cyberbullying

Get support from someone you trust

You don't have to cope with bullying alone. Talking to an adult you trust can help you to find ways to stop the bullying. If you don't know who to talk to, talk to us.

Can I talk to the police?

Most bullying isn't against the law, but you may be able to talk to the police if someone commits a crime against you, including:
- being violent or physically assaulting you
- sexually assaulting you
- stealing things from you
- bullying you because of your race, gender or sexual identity, or if you have a disability, this is hate crime.
- sharing or threatening to share a naked image of you without your permission.

Taking care of your mental health

Take a regular breaks from the technology and social media-don't feed the negative cycle

Bottling up your feelings can make them hard to cope with. There are lots of ways you can let them out.

Get into a healthy routine with enough sleep, not eating too much junk food and exercising more.

Your mental health is just as important as your physical health. And if you're worried about it, it's important to get support.

SUPPORTING SOMEONE WHO'S BEING BULLIED

Listening and letting someone who's being bullied know you're there if they want to chat can make a massive difference.

You could offer to go with them to report the bullying and help them think about what they want to say.

Think before you like or comment on something

" **Our school is a kind school**

We follow Jesus' teachings. We live out the Gospel Values and virtues. "

How do the virtues of being Faith-filled and Hopeful link with cyberbullying?

We have **faith** in those who are closest to us – our family and friends. This **faith** grows and deepens over time and as our relationships are tested, sometimes knocked and rebuilt with forgiveness, so they become stronger and more resilient. We need to have **faith** in ourselves – that appropriate self-confidence and modest self-esteem. We should also have **faith** in the communities to which we belong – our neighbourhood, parish, school, wider society, our country and the international family of all humanity. This **faith** grows only to the extent to which we engage in and contribute to the common good. It is about having a wider perspective than the just the narrow concerns of our daily lives.
.
To be **faith-filled** is crucial to human wellbeing – **faith** in ourselves, our emotions and judgements; **faith** in others and their **faith** in me; **faith** in my family and the communities to which I belong; and, ultimately, **faith** in God. **Faith** cannot be taken for granted; it has to be revisited constantly and built up day by day.

Hope is perhaps the most elusive of virtues. It grows out of **faith** and **love** – the stronger **faith** and **love** are, the stronger our **hope** will be. When we have strong **faith** and **love** today, we have **hope** for tomorrow. **Hope** enables us to trust ourselves and those around us with the decisions that will shape our future. Without **hope** we become insular, lacking in **love**, and ultimately despairing.

Children learn to **hope** by seeing and hearing **hope**-filled adults. They learn not to be frightened to step out into the darkness of the unknown but to draw on their own character strengths, and of those around them, to face challenges with courage and resolve.
Our challenge in schools is to notice when children drift into lack of **faith** and **hope**, when they begin to create prison bars for themselves; and then to step in with encouragement, opening new doors to a better way forward in freedom.

Resources

➢ Childline: Advice on bullying and cyberbullying

➢ ThinkUKnow, a website run by the National Crime Agency's CEOP Education team

➢ The National Bullying Helpline: **0300 323 0169**

➢ reportharmfulcontent.com

➢ getsafeonline.org

How to cope after bullying

Life after Bullying

Hosted by:

PAUL   DINA

[Click here to watch video](#)