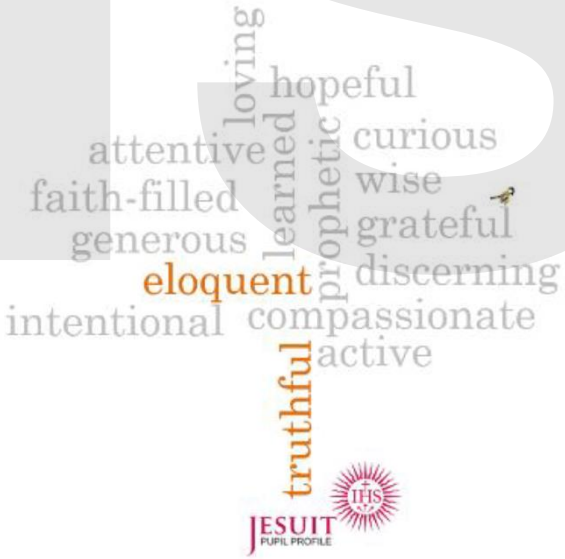
What is cyberbullying?







Daily Act of Worship: **"Using Our Words for Good"**.

Scripture Reading: Ephesians 4:29

"Do not let any evil talk come out of your mouths, but only what is useful for building others up."

Today, many of our conversations take place online through social media, messaging apps, and gaming platforms. Sometimes people say things online that they would never say face to face. Cyberbullying can cause deep hurt, loneliness, and anxiety.

As followers of Christ, we are called to treat every person with dignity and respect because each person is made in the image of God. Before we post, comment, share, or send a message, we should ask ourselves:

- Is it kind?
- Is it true?
- Does it build others up?
- Would Jesus be happy with what I am about to send?

Small acts of kindness online can make a big difference to someone's day.

Mission for Today

Choose one positive thing to do online today:

- Send an encouraging message.
- Thank someone publicly.
- Refuse to share hurtful content.
- Include someone who may be feeling left out.

"Blessed are the peacemakers, for they shall be called children of God." (Matthew 5:9)

SJHS

Let us pray

Loving God,

Help us to use our words wisely, both in person and online. Give us the courage to stand against cyberbullying and to support those who are hurt. Teach us to see others as You see them, with love, compassion, and respect. May our words and actions reflect the kindness of Jesus in everything we do.
Amen.

SJHS

Task: In pairs, think about a **definition of cyberbullying**



2 minutes

Wellbeing is...

Understanding and Preventing Cyberbullying

How is cyberbullying different to physical bullying? Is it worse?

!!

Why would someone be cyberbullied?

#

Can you name some adjectives that would describe someone who is being cyberbullied?

What would be the consequences for you, others involved, your family or your friends if the school found out you had been cyberbullying another student?

????

Can you give examples of cyberbullying?

Discussion

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.

The highest percentage of social media cyberbullying occurs on Instagram. Cyberbullying can and does occur on many platforms, but some seem to attract bullies more than others. An annual bullying survey revealed where cyberbullies target their victims. Over 10,000 young people between the ages of 12 and 20 participated in the survey. The following is a snapshot of social media use and several social networks commonly used by cyberbullies.

Social network	Percentage of young people who use the platform	Percentage of young people who have been cyberbullied on the platform
YouTube	92%	10%
Facebook	60%	37%
Twitter	37%	9%
Instagram	78%	42%
Snapchat	76%	31%
WhatsApp	58%	12%



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.



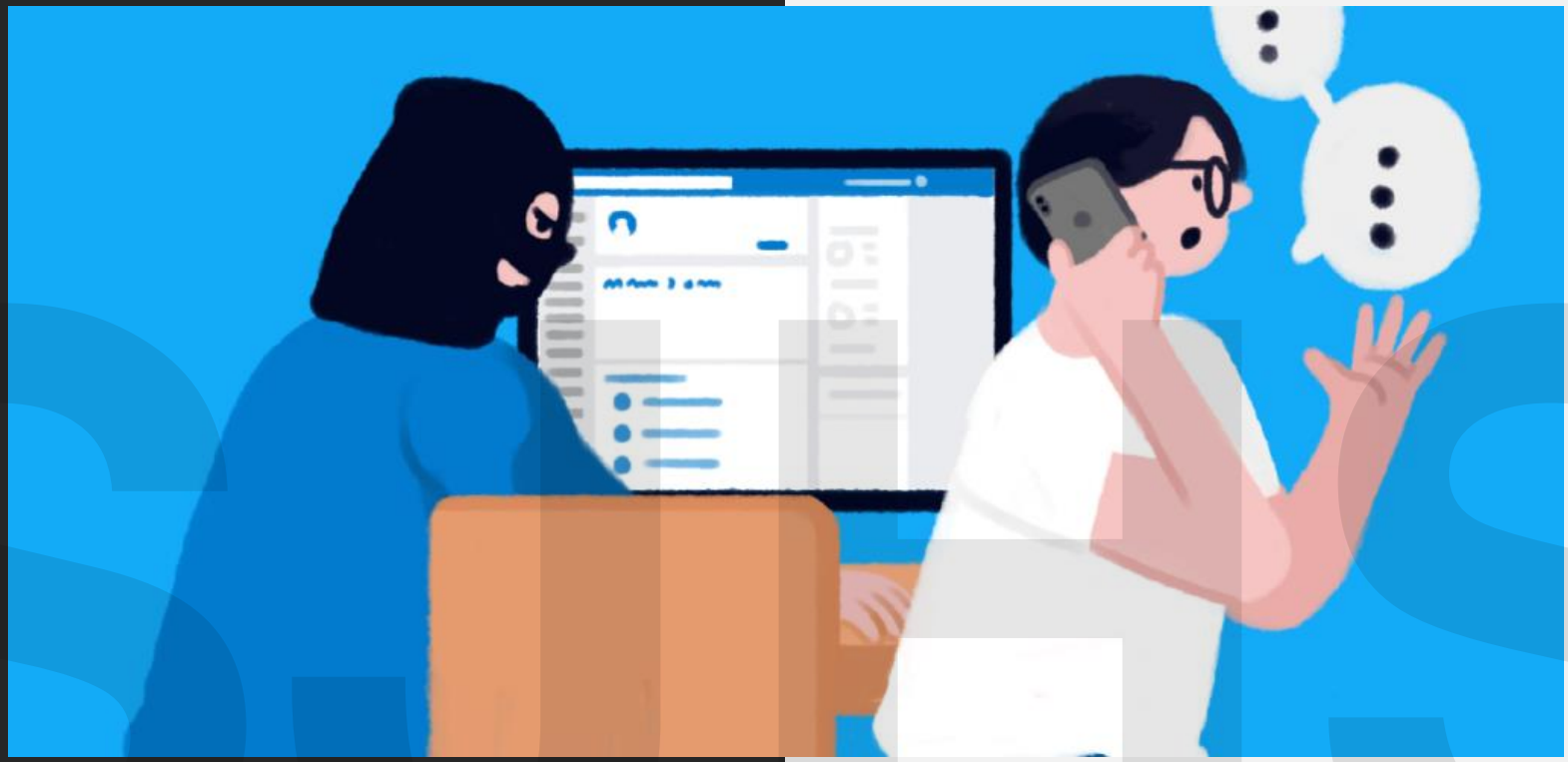
Denigration

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.

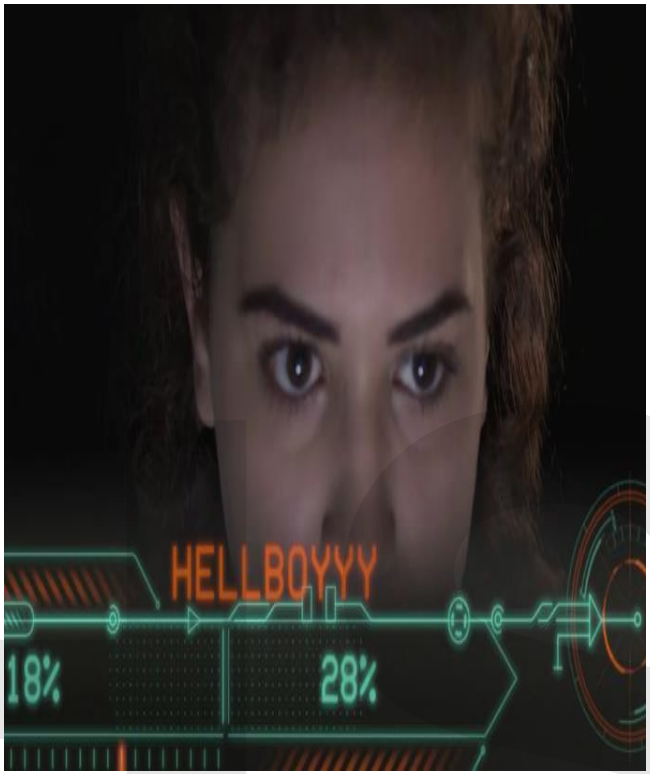
Exclusion

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?'**

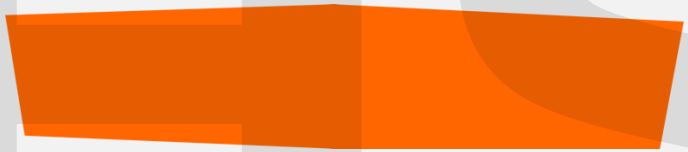
  Admitting that we are being bullied can be difficult. We may worry about making things worse, we may feel that we will be judged or embarrassed, or we may not know who to speak to or what to say.

- 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.
- 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.

WORDS STICK. STOP BULLYING. BREAK THE CYCLE.



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



Click here to watch video