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"TOC"

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How to deal with cyberbullying
Sharing is caring - APP





INDEX

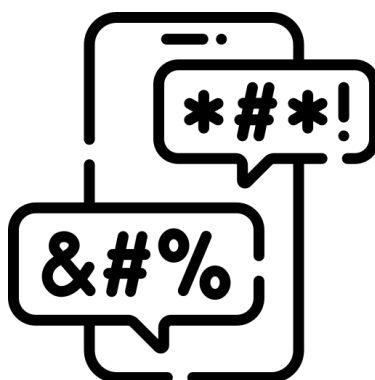
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Introduction

Together for Tackling Cyberbullying (TOC) is a 24-month Strategic Partnership in the field of Youth aiming at raising awareness about Cyberbullying as well as at preventing violence among young people.

TOC involves both the direct target groups of youth workers and young people. In addition, it aims to actively involve young people as learners and as real protagonists of social change by fighting against Cyberbullying.



TOC will develop a brand-new educational methodology rooted in Digital Storytelling, Digital skills and Critical thinking, being for the first time complementary to each other.

The objectives of the project are:

- Design a Training Format targeted at youth workers and organizations for tackling Cyberbullying amongst young people;
- Develop a new innovative methodology to prevent cyberbullying, based on Digital Storytelling, Critical thinking, and Digital Skills;
- Promote the development of civic competences and the respect of human rights amongst youth community in all Europe, especially at the consortium level;
- Foster active citizenship, self-confidence, and sense of community amongst young people.

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behavior, aimed at

scaring, angering or shaming those who are targeted (*Cyberbullying: What is it and how to stop it*, s. f.). Examples include:

- Spreading lies about or posting embarrassing photos or videos of someone on social media
- Sending hurtful, abusive or threatening messages, images or videos via messaging platforms
- Impersonating someone and sending mean messages to others on their behalf or through fake accounts.

We all want cyberbullying to stop, which is one of the reasons reporting cyberbullying is so important and also this project. But creating the Internet we want goes beyond calling out bullying. We need to be thoughtful about what we share or say that may hurt others. We need to be kind to one another online and in real life. TOC is aimed at supporting this idea and contributing to a better future.

How to deal with cyberbullying - Youngsters

When it comes to dealing with cyberbullying, it is important to know first and foremost what cyberbullying is, how to discover it and the different ways one can handle the problem. The term cyberbullying means that someone is using different types of technology to target other persons by for example threatening, harassing, excluding or embarrassing them online. A study among teens showed that 37% of them had experienced being cyberbullied at least once, while 30% had been cyberbullied more than one time (Hershenson, 2017). This means that if you experience it, you are not alone. Cyberbullying, unlike physical bullying, can happen at any time and in any place. It can feel overwhelming if you are being cyberbullied, and you can get the feeling that escaping it is really hard or even impossible. This can happen via mobile devices, computers and gaming systems. Cyberbullying can have consequences both for the victim and for the bully. For the victim, it can lead to mental problems and in worst case, suicide. For the bully, it can lead to legal actions taken against them, because cyberbullying in some instances is a criminal act.

Although it may seem hard to escape the bullying, there are many ways of getting help. Remember that you do not have to deal with the problem alone, and there are many resources and people that can help you in dealing with cyberbullying. Here are some tips on how to deal with the situation.

- **Don't take the bullying personally, and don't let the hate win**

Cyberbullying can happen to anyone, it doesn't have anything with you to do. It is not easy not to reply to cyberbullying, but doing this can in the worst case make matters worse, especially if you reply in anger with something that you have not really thought through. Cyberbullies often want to provoke a reaction from their victim, leading them to continue or escalate their bullying. Here, it can be wise to remove yourself from your phone or computer, so that you get time to think about how to deal with the situation. Do not reread or rewatch what the bully has sent or done. You can instead take screenshots and save it in a folder for evidence gathering. It is also better to ignore or block the person or account doing the bullying. You can also try to report what is going on to the online platform you are using, and turn your profile more private, so that only your friends can contact you.

- **Tell someone you trust about what you're going through**

You should not be facing the issue of cyberbullying alone. Talk to a friend, a parent or a teacher about the situation. Not only does this take some weight off your shoulders, they can help you in taking steps towards stopping the bullying, and reporting the situation to your school or the online platform the bullying is happening on. Depending on where you live, there may also be free online counseling services that can help you with the issues you are experiencing.

- **Take a break from the online life**

Many people spend a lot of time online. The online life can therefore be overwhelming, and especially if you are experiencing cyberbullying or other mean behavior. In general, it can be nice to take a break from the online world, and enjoy all the other things you can do that don't involve online activities. This can be to do activities with friends or family, reading a book, taking a walk or doing sports. Also, it can be advisable to look over what online platforms and applications you are spending your time on, and which of them you like or dislike. Some online sites are known for having more bullying than others. Then, you can consider deleting some accounts or applications, and focus more on the sites that you actually enjoy.

- **Take care of yourself and others**

Experiencing cyberbullying can be overwhelming, and it can affect your mental health in several ways, like negative affective disorders, anxiety, loneliness, depression, somatic symptoms and suicidal ideation (Hershenson, 2017).

This is important to know about, and is also something to look out for among your friends. Even though you or your friends are getting help with cyberbullying, it can also be nice to talk to a therapist, school nurse or similar, especially if you or someone you know is experiencing these symptoms. Therapy can help you cope more with your problems, and give you techniques on how to deal with emotions, anxiety, anger, trauma or other issues that arise because of bullying.

- **Never accept cyberbullying, in any way**

Cyberbullying is a complex matter, and it can happen without one thinking about it. Therefore, one can either contribute to the cyberbullying, even without intention to do so. In cyberbullying, there are many roles. First you have the cyberbully, who is deliberately targeting someone and bullying them online. However, people can also be bystanders. This means people that are witnessing the bullying, but not doing anything with the problem. This can happen when people are indifferent, or because they are scared of getting bullied or isolated themselves. Lastly, some people are upstanders, which means that they are standing up against cyberbullying, and trying to address the issue either directly to the bully, or via other means of help, like the school or police. People can also have different roles, but it is important to be aware that you can make a difference. Don't let the bullying win, and don't like or share something that can be hurtful to other people. Reach out to the victim instead, and tell them that you are there for them. Ask them if there is anything you can do, and find out in what ways you can help them by using parents, teachers, the school or other resources you have available.

- **Resist the urge to respond directly.**

If you experience cyberbullying, the best response to the bully is no response at all. Replying to that hurtful comment will only worsen the problem, as it gives the bully exactly what they want — attention and an excuse to ramp up the bullying even more.[1]

Keep yourself cool. Remember that it's okay to be upset, but responding to the bully with an insult will only add more fuel to the fire.

Even responding with non-insults — for instance, “Please stop,” “That’s not appropriate,” or “I’m going to report you,” — will probably do more harm than good. Respond only with silence.

- **Save every bullying message, image, email, and post.**

Keep a record of anything that shows proof of cyberbullying. Save, or — even better — print out each and every mean thing they send. Bookmark or “favorite” the web pages they insult you on. The day may come when you’ll need this evidence to report and stop them.[2]

You may just want to click “delete” on every hateful email, text, or IM. However, this is not the right way to go. Remember, there may come a time when this bully needs to be reported — and you’ll need all the evidence right there in front of you.

- **Block bullies and report them to service providers.**

Many major social media sites and other service providers include prominent “BLOCK” and/or “REPORT” buttons near any message or posting you receive. Familiarize yourself with the policies and procedures for each app, site, and device you use and don’t hesitate to use these tools.

For instance, you can easily block users or report bullies and objectionable posts on Facebook. Check the “Settings” feature on other sites/apps to learn how to block or report bullying.

- **Report serious or ongoing bullying to legal authorities.**

Bullying of any kind, including cyberbullying, is now illegal in most jurisdictions. Let the adults you’ve confided in determine how to proceed — they might contact the bully’s parents first or go straight to the authorities.

If you’ve suffered substantial pain or humiliation from the bullying, or been threatened with harm or violence, the bully could be suspended, expelled, or even arrested.

Any evidence of bullying that you’ve saved will be very helpful to the authorities.

Keep in mind that if you’ve responded to bullying with bullying, it doesn’t matter if “they started it” — you may also be subject to discipline or even legal punishment.

Besides, cyberbullying among young people occurs when young person:

- Sends harassing messages by mobile phone, e-mail or on the chat.
- Steals or changes the email password or nickname to the chat.
- Post private information or untruths on a chat, blog, or the Internet page
- Sends annoying images via email or MMS to mobile phones.
- Sets online surveys about the victim.
- Sends viruses to email or mobile phones.
- Sends pornography or spam to email or mobile phone.
- He falsely presents himself as another person or as a child.
- Online threats

Cyberbullying can have a negative effect on young people such as:

- Depression
- Feeling alone and humiliated
- Fear
- Anxiety
- Sadness

All of the negative effects can impact a person's day to day life (Schoolwork, relationships with friends and family, etc.).

When it comes to dealing with cyberbullying there are a lot of different methods that can work, depending on the scenario and the person that is being victimized.

In all of the scenarios the most important thing is to take care of yourself and seek help from your loved ones. You should always take care of your mental health first in the best way possible at the moment. Consider asking for outside help as well such as institutions that specialize in mental health for youngsters.

How to deal with cyberbullying - Parents

Parents should also be aware of signs of Cyberbullying, because the kids may not say anything or try to hide the problem. Signs to look out for can be that the kids:

- are trying to hide what is going on online from their parents, and refuse to let the parents look into their online platforms.
- get emotional and/or upset after being online.
- become more reserved and withdrawn, spending more time alone.
- avoid social interaction and skip school.
- loose interest in socializing with family and friends and other activities they are used to doing.
- get lower grades in school than usual.
- get angry and emotional at home.
- changes their sleep schedule, appetite, mood and behavior.
- get nervous when they get a notification online, like a text message.
- don't want to talk about their online life.

When it comes to dealing with cyberbullying for parents there are a few steps that you can take to help your child:

- Offering support
- Talking to your children
- Encouraging your children not to respond to the bully via text
- Notifying the authorities
- Not blaming or punishing you children
- Offering them professional help

Offering support is the most important part to help your child, showing them you are there can go a long way in terms of helping them get through the situation. Supporting them in their decisions, talking to them and trying to solve the situation together would help them. It would help them to feel the support as much as possible and to feel loved at that moment. Making them feel heard in the moment is a big step towards them feeling more relaxed and comfortable.

Talking to your children is a great way for them to feel supported and loved. When talking to your child you can share your experiences and feelings about the topic. Not trying to compare

the situations that you were in with them but sharing the feelings you had in those situations and how you dealt with being bullied or harassed, either online or in real life.

Encouraging your children not to respond to the bully via text is a thing that can make the bully contact and harass your child even more. Encouraging them not to make contact with the bully in any way can help them get past the situation. You should encourage them to block or report the person on the platform that they are using so it wouldn't happen again. Making contact with the bully will make the bully even more interested in harassing your child, which can make the situation worse for your child.

Notifying the authorities is a great way to protect your child from the bully. If the bullying is happening by a classmate, notifying the school would protect the child in the situation. In doing this you should also talk with your child and explain to them that this is a good thing to do, because often the children don't want to notify anyone. This often comes because they are afraid that notifying someone will only make the bully come at them even stronger and more than before, kind of like provoking the bully. If it is happening outside of the school reporting the police would be a good next step to helping them be protected.

Not blaming or punishing your children, blaming your child for being in a position they are in is the worst thing you can do. It would only push your child away from you and distance your relationship in the future all together. Instead of blaming them and punishing them you should help them and offer them your support so they feel more comfortable and relaxed in the future. So your child can know you are always there for them.

Offering them professional help, telling them that it is okay to talk to someone professionally and offer them that kind of support. This can help them get through the situation they are in and also benefit their mental health and overall wellbeing. Seeking professional help is nothing to feel ashamed about and you should explain to them that you are with them every step of the way. They would learn about coping mechanisms that would help them not just in this situation but in every other situation.

Although cyberbullying can seem overwhelming and hard to handle, there are several ways that parents can help their children with this problem. First of all is it vital that the parents first of all show compassion and love for their child. Let them know that you love them, and support them whatever they are going through. It can also be wise to find other activities to do with the children, so that they spend time away from their online devices. Also, talk to your child about the possibilities for what steps one can take to conquer the bully.

Furthermore, tell your child that it is not their fault that they are being cyberbullied. Be grateful that your child has been open about the problem, and let them know that you will help them in solving the problem. You should also tell them that they should not respond to the bullying, and rather let the right instances handle the situation. Instead of responding to

the bullying, you should keep track of the bullying, and document what is being sent, like videos, text and pictures. Having evidence makes it easier to go forward with the case. Then, you should contact the school about what is going on. This can mean contacting a teacher, principal or other relevant persons in the school. When doing this, make sure that your child is informed about the actions you will take, so they also feel comfortable with the steps being taken. Depending on the country or state, there may also be other resources or consulting opportunities for cyberbullying, so make sure to do some research of what is possible where you live. Lastly, it can be wise to get some help for your child, for example therapy sessions where your child can get professional help. This can also be done through the school, and the bully may or may not be a part of it, depending on the situation.

Other measures you can take to lower the chances of cyberbullying

There are several ways you can prevent your child being cyberbullied. One of them is simply blocking the bully online. Although it is possible that the bully will make another account and continue the bullying, this may stop some bullies in their actions. Furthermore you can limit how much access your child has to online platforms. This can be that the child should only be online between certain times, or that they should use their computer outside their room. There are many ways of limiting what your child has access to online, like blocking certain websites that have a high risk of bullying. Parents can also gain more control over their children's online life by monitoring their online activities. This will depend on the age of your child, and how active they are online. This should of course be done after notifying your child about it, so that they are aware of what you can see. If steps like these are to be taken, it can be wise to make a contract between you and your child, so that they feel like their lives are taken seriously. Lastly, it is important to always be curious and interested in what your child is doing online, and what apps and websites they spend time on. Have regular conversations with your child about their online activities, and hopefully they will open up more about what they are doing there, why they are spending time there. If they experience cyberbullying, they may be more open to talk about it if you show general interest in their online lives.

Only around 1 in 10 young people inform a parent or trusted adult of cyberbullying. Some reasons for this low number include embarrassment, fear of not being believed, fear of having the issue trivialized, or losing access to technology. Taking proactive steps to educate your child about what they can do about cyberbullying can be a good way to ensure they approach you for support when they need it.

Here are a few tactics that cyberbullies may use:

1. Fake profiles: Perpetrators use fake profiles, pretending to be a friend. As the bully establishes trust, the child may share personal information — which the bully then uses to shame and harass the victim.
2. Sock Puppets: Cyberbullies use a victim's photos and information to create a false identity profile. The bullies then post mean content and images to ruin their victim's online reputation.
3. Doxing: Cyberbullies search for a victim's personally identifiable information (PII) and publish it online. For example, the bullies might share their victim's address and social media links, encouraging others to send harmful content or visit the victim's home.
4. Encouraging self-harm. Cyberbullies can harass people on social media and gaming platforms, encouraging victims to harm themselves or worse.
5. Leaking sensitive photos or messages. Young couples might engage in "sexting" or share sensitive photos through apps like Snapchat. Cyberbullies may share these photos and messages online, leading to widespread harassment of the victims.
6. Spreading lies. Vulnerable targets are often blamed for things they didn't do at school. Bullies might knowingly accuse them of shameful deeds and persuade others to turn against the victim.
7. Gamer bullying. In gaming, "griefing" refers to players sabotaging another player's gameplay. For example, cyberbullies might steal virtual belongings or lead a campaign of harassment during in-game chats.

International network

Cyberbullying is a growing concern in today's digital age, and it can have severe and long-lasting effects on its victims. However, several international organizations and companies are working tirelessly to combat cyberbullying and support those affected by it. In this brief write-up, we will highlight some of the organizations that are actively involved in this cause:

- In **Romania**, the **Save the Children Foundation** is one such organization that helps combat cyberbullying. The foundation's focus is on educating parents, teachers, and children about the risks of cyberbullying and how to prevent it. They also provide counseling and support to victims of cyberbullying.
- The **Spanish Association for the Prevention of School Bullying** (or A.E.P.A.E. or AEPAE) is a NON-profit, NON-governmental organization. It is formed by professionals from different fields: psychologists, pedagogues, social educators, lawyers, experts in self-protection, drama teachers, experts in cyberbullying, and parents of victims of bullying. All committed to the prevention of bullying.

- In **Italy**, the **Telefono Azzurro Foundation** is another organization that provides support to victims of cyberbullying. They offer a toll-free hotline for children and teenagers to call and report any instances of cyberbullying. The foundation also works to educate parents, teachers, and children on how to prevent cyberbullying.
- In **Germany**, the **German Association for Child Protection in the Digital World (DKSB)** is a leading organization that helps combat cyberbullying. The DKSB provides resources and education to parents, teachers, and children on how to stay safe online. They also offer counseling and support to those who have been affected by cyberbullying.
- In **Serbia**, the **Ministry of Internal Affairs** is actively involved in combating cyberbullying. The ministry has set up a dedicated unit to investigate and prosecute cases of cyberbullying. They also work with schools and other organizations to educate children and parents about online safety and the dangers of cyberbullying.

Contact Info:

1. Save the Children Foundation Romania

- Website: <https://www.salvaticopiii.ro/>
- Email: office@salvaticopiii.ro
- Phone: +40 21 316 8888



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2. AEPAE Spain

- Website: <https://aepae.es>
- Email: contacto@aepae.es
- Phone: +34 900 018 018



3. Telefono Azzurro Foundation Italy

- Website: <https://www.azzurro.it/>
- Email: segreteria.nazionale@azzurro.it
- Phone: 19696 (toll-free hotline)



4. German Association for Child Protection in the Digital World (DKSB)

- Website: <https://www.dksb.de/startseite/>
- Email: info@dksb.de
- Phone: +49 30 204 58 00



**Der Kinderschutzbund
Bundesverband**

5. Ministry of Internal Affairs Serbia

- Website: <https://www.mup.gov.rs/wps/portal/en/home/>
- Email: info@mup.gov.rs
- Phone: +381 11 3616 333



Republic of Serbia
Ministry of Interior

Overall, these organizations and companies are doing excellent work to combat cyberbullying and support its victims. Their efforts are crucial in creating a safer and more responsible online environment for everyone.

Further inspiration

Here some additional resources can be found in regard to cyberbullying in case you would like to do additional readings:

- 1) UNICEF website: <https://www.unicef.org/end-violence/how-to-stop-cyberbullying#7>
- 2) WHATis website: <https://www.techtarget.com/whatis/definition/cyberbullying>
- 3) Journal of School Violence: <https://www.tandfonline.com/doi/abs/10.1080/15388220.2014.949377>
- 4) Cyberbullying: a review of literature: <https://eric.ed.gov/?id=EJ1053975>
- 5) The nature of cyberbullying, and strategies for prevention: <https://www.sciencedirect.com/science/article/abs/pii/S0747563212002154>
- 6) Cyberbullying myths and realities: <https://www.sciencedirect.com/science/article/abs/pii/S074756321300232X>
- 7) Cyberbullying: <https://www.proquest.com/openview/df7b85db5268ac4d18d07478e8fe197f/1.pdf?pq-origsite=gscholar&cbl=25066>

- 8) Cyberbullying: the challenge to define:
<https://www.liebertpub.com/doi/abs/10.1089/cyber.2011.0588>
- 9) Cyberbullying and self-esteem:
<https://onlinelibrary.wiley.com/doi/abs/10.1111/j.1746-1561.2010.00548.x>
- 10) Cyberbullying in schools: a research of gender differences:
<https://journals.sagepub.com/doi/abs/10.1177/0143034306064547?journalCode=spia>
- 11) TED conference "How one tweet can ruin your life" - Jon Ronson:
https://www.youtube.com/watch?v=wAIP6fI0NAI&ab_channel=TED
- 12) TED conference " Stop cyberbullying before the damage is done" - Trisha Prabhu:
https://www.youtube.com/watch?v=Ps3Cefys0Kc&ab_channel=TEDxTalks

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