Kindness against cyberbullying

Digital guidelines for responsible online behaviour

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Digital guidelines for responsible online behaviour

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INTRODUCTION

The publication **"Digital Guidelines for responsible behaviour"** is a product of the Erasmus+ "Kindness Against Cyber-bullying". It was written by Romanian teachers and students and it is meant to be a useful resource for students, parents and teachers. This guide deals with the concern of developing a responsible way in which to use the digital technology. The eleven articles focus on finding solutions to the challenges and dangers we face in social media platforms and social gaming networks.

The first article called *"Ice-breaking activities - Cyberbullying and teenagers"* contains 30 questions which can be used at the beginning of the school year to make students know each other. We used this activity on the first day of the transnational meeting that took place in Rm.Valcea, between 4th-8th April 2022. The students from Romania, Italy, Poland, Lithuania and Turkey were thus encouraged to improve their communication skills by talking to each other and the intercultural barriers melted right away! By using this task we encourage collaboration, problem-solving and decision-making of the whole group, raising awareness about cyberbullying.

The article *"Think before you click!"* is about the digital footprint (active and passive) and its possible negative effects on our lives. It contains useful advice on how to interact online wisely, as we all need to belong to digital communities that cultivate citizenship and kindness against cyberbullying!

The article *"Happy Scrolling!"* contains 20 multiple-choice questions related to cyberbullying, based on free discussions with our students. We gathered the information as we talked to them about its causes and effects, about their personal experience in gaming platforms and social media, about what they and their parents should do to feel safe online and to "scroll happily"! This is how this article was created, students-teachers collaboration. We also created a Kahoot game to be even more interactive and boost motivation, while playing it in randomly chosen teams [(https://create.kahoot.it/details/21ede139-8da4-424d-b2b7-2d0dbe075f57)](https://create.kahoot.it/details/21ede139-8da4-424d-b2b7-2d0dbe075f57) .
It was an extremely entertaining experience for all the students from the five countries who participated in the transnational meeting that took place in Rm.Vâlcea!

"Teenagers, between use and abuse of social media" is an article meant to remind the Internet consumers that social media should be used in moderation, as using it excessively means "digital overdose", which is harmful and leads to addiction.

"Find someone who…" can be used both as an activity sheet and as an ice-breaker, as interesting get-to-know-you questions can break the ice and help our students know each other. We used this oral interaction activity in the transnational meeting which took place in Romania. All the students walked around the room and introduced themselves to their fellow foreign students before asking them questions to find who matches the traits for each statement. This engaging game includes interesting questions to get to know someone, but also related to our project topic. It was the perfect icebreaker activity, according to all the students involved!

"*Teens and Social Media (TSM)"* deals with influencers, content creators, online shopping, aso - opinions expressed by means of social media acronyms, so much loved by teens! Learning a new language isn't easy and there is unfortunately no Duolingo Owl for social media acronyms! Improper use of acronyms online can be confusing at best and embarrassing at worst… (as we, adults, find ourselves in this situation 😊)

INTRODUCTION

For a healthy digital lifestyle, we need to have a *"Digital Diet"* and also mind our *"Doomscrolling and Joyscrolling Habits".* In a world that overwhelms us with so much bad news, getting in touch with nature, with our friends, with ourselves- this should the main purpose of our daily diet, trying to get a "digital detox". It's necessary to educate ourselves on the harsh truths of topics such as the pandemic and systemic racism, but it's also important to ensure our days are sprinkled with elements of goodness, too!

There is also an interesting article written by our students "*Digital Guidelines for responsible online behaviour",* which contains information about types of cyberbullying, its causes and effects, tips and tricks on how to prevent cyberbullying.

The article *"Responsible Social Networking"* offers suggestions for a 7th grade English lesson and it contains speaking and writing activities related to the topic.

"Digital Guidelines for responsible online behaviour" is an article about causes and effects of cyberbullying and also about advice on how to stay safe online.

The article *"Ten things teens want to know about cyberbullying"* focuses on 10 questions frequently asked by teenagers and offers answers to these questions. "Stopping cyberbullying is not just about calling out bullies, it's also about recognizing that everyone deserves respect - online and in real life", according to UNICEF.

We do hope all our ideas are valuable and engaging for students, parents and teachers worldwide! We look forward to getting our international cooperation on this topic to a new level and build together a safer digital world!

Coordinating teachers,

Prof. Sacerdoțeanu Marina
Prof. Văduva Cătălin

1. ICE BREAKING ACTIVITIES – CYBERBULLYING AND TEENAGERS

Prof. Sacerdoţeanu Marina
Prof. Văduva Cătălin

1. DO YOU THINK THAT ONLINE BULLYING IS WORSE THAN PHYSICAL BULLYING ?
2. SHOULD SOMEONE WHO IS CYBERBULLIED GO TO THE POLICE?
3. ARE CHILDREN CYBERBULLIED? GIVE AN EXAMPLE.
4. HOW DO YOU THINK CYBERBULLYING AFFECTS THE LIFE OF THOSE WHO ARE BULLIED?
5. CAN YOU PREVENT CYBERBULLYING FOR YOU AND YOUR FRIENDS?
6. HOW CAN YOU STAY CYBER-SAFE?
7. HAVE YOU EVER CYBERBULLIED ANYONE/ HEARD OF A CYBERBULLIED PERSON?
8. DO YOU THINK THAT SETTING YOUR FACEBOOK PROFILE AS ''PUBLIC'' IS A GOOD IDEA?
9. WHAT IS THE QUESTION YOU WOULD LIKE TO ASK A CYBERBULLY?
10. HOW DO YOU KNOW A FRIEND SPENDS TOO MUCH TIME ON ONLINE GAMES?
11. IN YOUR OPINION, WHY DO CERTAIN CHILDREN CYBERBULLY OTHERS?
12. IF YOU GOT AN INAPPROPRIATE MESSAGE, WOULD YOU DELETE IT RIGHT AWAY? WHY? /WHY NOT?
13. DO YOU AGREE WITH THIS SLOGAN, ''THINK BEFORE YOU CLICK!''? WHY? WHY NOT?
14. WHEN DO YOU KNOW YOU ARE CYBERBULLIED?
15. IF SOMEONE SENT YOU A THREATENING MESSAGE, WHAT WOULD YOU DO?

1. ICE BREAKING ACTIVITIES – CYBERBULLYING AND TEENAGERS

16. WHAT SHOULD PARENTS DO IF THEY SUSPECT THEIR CHILD IS A CYBERBULLY?

17. WHAT SHOULD PARENTS DO IF THEY SUSPECT THEIR CHILD IS CYBERBULLIED ?

18. IN YOUR OPINION, DO CYBERBULLIED FEEL PROTECTED WHEN THEY ARE AT HOME? GIVE REASONS.

19. IF YOU COULD, WOULD YOU CREATE A DOWNLOADABLE "ANTI-BULLYING TOOLKIT" FOR INSTAGRAM?

20. DOES TIKTOK WANT TO FOSTER A COMMUNITY WHERE ITS USERS TREAT EACH OTHER RESPECTFULLY?

21. WHAT WOULD YOU DO IF SOMEBODY POSTED AN EMBARRASSING PHOTO OF YOU ON INSTAGRAM?

22. ARE THERE ANY DIFFERENCES BETWEEN FINSTA AND RINSTA?

23. DO YOU THINK THAT VICTIMS OF CYBERBULLYING CAN FEEL SAD, LONELY AND INSECURE?

24. HAVE YOU EVER HEARD/USED THE ACRONYMS ''GG'' , ''GLHF''?

25. IS ''DIGITAL FOOTPRINT'' REAL?

26. CAN WE TAKE A LOOK AT OUR DIGITAL FOOTPRINT? HOW?

27. IS IT TRUE THAT SOME EMPLOYERS SCREEN POTENTIAL EMPLOYEES ON SOCIAL MEDIA?

28. DO YOU THINK THAT PARENTAL CONTROL SOFTWARE IS A USEFUL TOOL?

29. WHAT HAPPENS IF YOU UPLOAD AN INAPPROPRIATE PICTURE ON FACEBOOK AND THEN YOU DELETE IT RIGHT AWAY?

30. IS THERE AN ACTIVE DIGITAL FOOTPRINT ALONG WITH A PASSIVE ONE?

2. THINK BEFORE YOU CLICK!

Prof. Sacerdoțeanu Marina
Prof. Văduva Cătălin

Have you known that everyone who uses the Internet has a digital footprint? Relax, it is not something to be worried about! Anyway, it is really wise to consider what kind of trail of data we are leaving behind. For example, understanding the concept of digital footprint may prevent us from sending a sarcastic email or a nasty comment, as the message may stay online forever. It means that we should be aware of what we publish on social media websites. We can often delete content from social media, but, once digital data has been shared online, do you think we will ever be able to remove it from the Internet? Here there is all you need to know about your digital footprint!

The Tech Terms Computer Dictionary defines digital footprint as 'a trail of data you create while using the Internet. It includes the websites you visit, emails you send and information you submit to online services.'

Everybody should know that there are two types of digital footprints, one passive and the other active. **The passive footprint** is what we put up on the Internet unintentionally such as browser cookies and IP addresses. **The active footprint** is created when we post online by publishing a blog post or a tweet, sending an email, or uploading photos on social media.

The Internet is similar to wet cement, as if we put something there, it will stay there. The Internet stores our digital footprint in different forms. The answer is so simple! It is much easier to store data than delete data!

2. THINK BEFORE YOU CLICK!

The simplest component of our data is the NAP. Most websites that provide us with a service, such as restaurants, companies, stores keep our **name**, **address**, and **phone** number in their databases. This information stands for active footprint and they are free to use it.

A passive digital footprint is created in form of cookies, as they provide information about our preferences that is of such a great value to marketers. Servers use these cookies to personalize web pages for us. For example, if we search for a formal outfit for an upcoming interview, the next things we will see are ads for different outfits on Facebook, on webpages we browse, aso.

Now, this is really important! Anyone can follow our digital footprint. That means not just our friends, siblings, schoolmates or classmates, but potential employers and even school authorities. Often, the data is easily accessible. It can be pulled up through our search history or via our Internet service provider. About 80% of recruitment agencies do use social media content to assess if a candidate is suitable or not. Since data is the core of your digital identity and so readily available, its value and the possibilities of its use or misuse are limitless. We have to think of our digital footprint as a storage unit, with transparent and accessible walls.

And now, this is a real challenge for you! If you google your name, you will see what shows up, most likely, it will be social media profiles, including Instagram, Facebook, TikTok, your blog maybe. This is what you have put out there and unfortunately, you never know who could be looking. It means that everybody should be cautious before posting. Don't you agree that it is better to be safe than sorry? It is advisable to remove the content that shows you in a bad light. Sometimes, you may be featured in content posted by other people. Ask them to take it down and ...untag yourself! The content should be no longer associated with you!
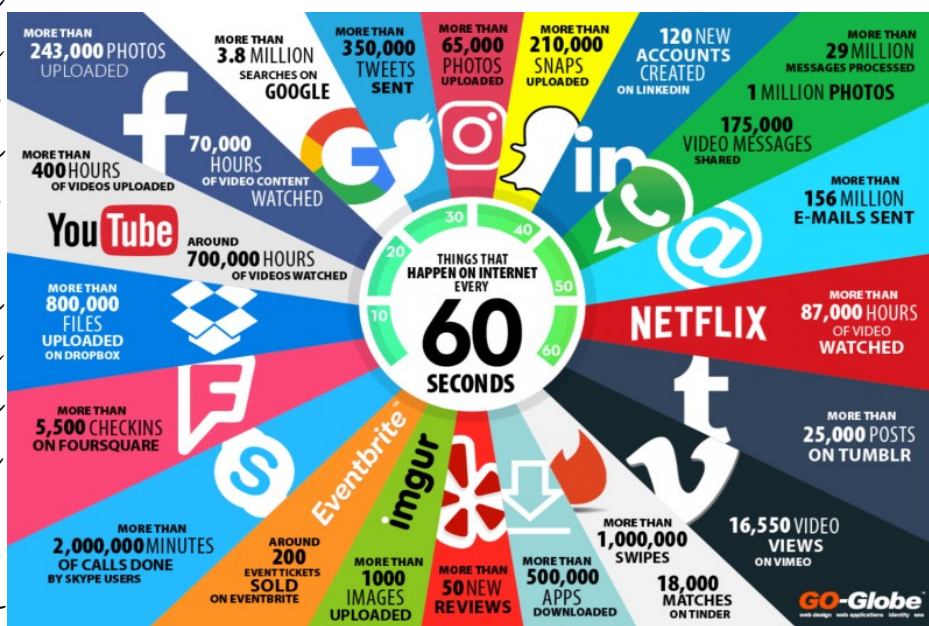
2. THINK BEFORE YOU CLICK!

There is a myth according to which anything we do online does not count. It does count because it is our virtual identity and digital footprint can allow the others to view and use our information in any way they want.

You clicked several photos at your last party you had with your friends. Hmmm… What to do with them? Post, share, and tag? Definitely, you'll say! Ok, but you must make sure that the pictures are put up with proper privacy settings. It is fine to put up personal pictures, but you should be aware of some unpleasant consequences, as well.

You should also ask yourself whether you'd be fine if a school admission officer saw these your photos. If answer is no, you consider what you post. You can build a positive online identity, as it's your personal branding tool. Your footprint digital should not limit your opportunities as a future student at a top university! "If someone raises a flag about a student's social media presence, colleges will take a look," said Kortni Campbell, the vice chancellor for admission and financial aid at the University of North Carolina at Asheville, who has worked in a small private college and a public state university.

"If we encounter something negative, inappropriate, or inflammatory, it will likely impact a decision on an application," she said, adding: "Colleges are not simply admitting students to our classrooms, we are admitting them to our communities. Who you are, what you think and say, and (yes) what you post matters."

2. THINK BEFORE YOU CLICK!

So, let's be smart about our digital footprint and about how we interact online, as we all need to belong to communities that cultivate citizenship and kindness!

Here are a few tips to keep in mind:

⇒ You should keep a list of accounts that you have created and close the ones that you don't need. As they say, less clutter is more clarity!

⇒ You should NOT post anything, when in doubt, as it is impossible to completely erase.

⇒ You should ensure that you check your privacy settings regularly, especially on social media.

⇒ You should learn restraint, especially when posting on social media (3 photos are cool, but 30 are a no!)

⇒ Last but not least, you should think before you click!

Remember! Every time you go online you leave a trail. This is just like a real footprint. It's your DIGITAL FOOTPRINT and it reveals where you've been, how long you stayed and what you've been doing there. Every time you send an email, download a video or upload a photo, the information can be accessed and your digital footprint can be revealed. Never put a temporary emotion on the permanent internet. Anger is temporary; online lasts forever. Pause before you post.

3. HAPPY SCROLLING!

Prof. Sacerdoţeanu Marina
Prof. Văduva Cătălin

1. Someone is sending you nasty messages on the Internet. What should you do?

a) Respond to the messages asap
b) Save the messages to have the proof
c) Don't block the unkind messages
d) Don't talk to anybody about it

2. Victims of cyberbullying can experience symptoms of depression including:

a) sadness, loneliness, insecurity
b) high self-esteem, insecurity, academic progress
c) insecurity, happiness, high self-esteem
d) academic progress, sadness, security

3. When you receive an email, download a file from the internet or click on a link, you should…
a) answer all the emails asap
b) click on all the links, without checking the site first
c) download it only if it is from a trustworthy source
d) never use a free URL scanner (https://www.emailveritas.com/url-checker)

3. HAPPY SCROLLING!

4. What does "Finsta" mean?

a) real Instagram
b) fake Instagram
c) familiar Instagram
d) famous Instagram

5. What does "Rinsta" mean?

a) Romanian Instagram
b) risky Instagram
c) real Instagram
d) reliable Instagram

6. In an online gaming context, what does the acronym "GLHF" mean?

a) Good Luck, Have Fun!
b) Great Leader, Happy Friends!
c) Good Luck, High Five!
d) Gorgeous Logo, Helpful Friends!

7. In an online gaming context, what does the acronym "GG" mean ?

a) Good Girl
b) Good Group
c) Good Goal
d) Good Game

3. HAPPY SCROLLING!

8. Gamers often say "GLHF" ..... competitive multiplayer gaming matches.

a) after
b) during
c) before
d) in the middle

9. Gamers often say "GG" ..... competitive mutiplayer gaming matches.

a) after
b) before
c) during
d) in the middle of

10. Instagram stands against online bullying by developing features & tools to keep users safe:

a) People aren't notified when you block them.
b) People are notified when you report them.
c) You cannot choose whether you want people to tag/mention you in a comment
d) It never shows warnings letting a bully know rude comments may be hidde

Instagram

Your Story Goes Against Our Community Guidelines

We removed your story because it goes against our Community Guidelines on violence or dangerous organizations. If you learn and follow our guidelines, you can prevent your account from being deleted.

Story removed for violence or dangerous organizations
Posted Jul 5, 2020 at 1:29:00 AM

Violence or dangerous organizations guidelines

3. HAPPY SCROLLING!

11. When you have dinner with your family, you should:

a) answer all the incoming calls
b) create a phone-free zone
c) check the messages on your phone
d) answer the messages on your phone

12. If people search for information about you, they can find your...

a) passwords
b) bookmarked websites
c) digital footprint
d) real footprint

13. An "upstander" is a person who :

a) gets help from a trusted adult and supports the child being bullied.
b) joins in or laughs at what is happening.
c) encourages bullying and supports the bully's actions.
d) thinks that a bully's actions are socially acceptable

WHAT
is an upstander?

An upstander is a...
Defender, Advocate, Supporter
of human rights and human dignity.
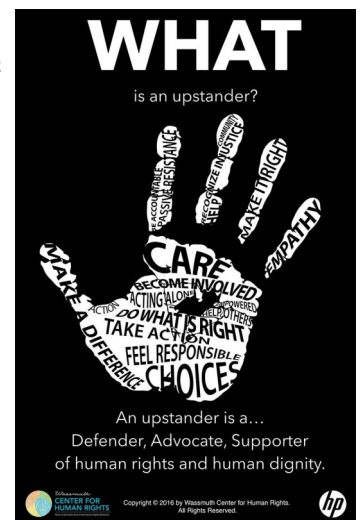
3. HAPPY SCROLLING!

14. A "bystander" is someone who :

a) watches someone get bullied and does something about it.
b) watches someone get bullied and does nothing about it.c
c) bullies someone else and considers that a cool action
d) encourages bullied children to make a cyberbullying report to eSafety.
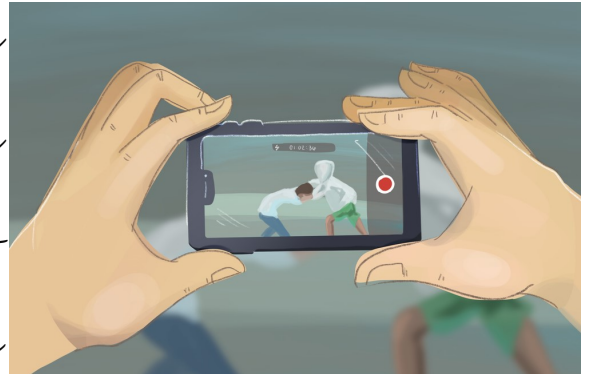
15. The physical effects of cyberbullying are :

a) abdominal pain, eating disorders, insomnia, nightmares
b) toothaches, eating disorders, body shaming, muscle pain
c) disorders, nausea, backaches, muscle cramps
d) nightmares, bruises, toothaches, sore throat

16. When you go online, you...

a) send information to recruiters
b) can choose what information is recorded about you
c) leave a trail showing where you've been and what you've been doing
d) can never be cyberbullied

3. HAPPY SCROLLING!

17. Popular kids or teens may bully because:

Resources To Help Stop Cyberbullying

a) They have trouble empathizing with those they hurt
b) It helps them cope with their own low self-esteem.
c) Hurting others makes them feel powerful
d) They think it will help them fit in with their peers.

18. What can parents do to protect children from experiencing or committing cyberbullying?

a) Never contact the police if the child is being harassed by an adult
b) Never notify the website, even if cyberbullying behaviour is identified
c) Ignore signs of depression
d) Monitor web access

19. A Tweet can include up to:

a) 280 characters, 4 photos.
b) 80 characters, but no photos
c) 280 characters, unlimited photos.
d) 80 characters, unlimited photos

3. HAPPY SCROLLING!

20. What does the word "tweets" mean on Twitter?

a) The passwords used by Twitter users
b) The chirps of the small canary called Tweety
c) The posts on Twitter
d) The best Twitter usernames

ANSWERS:

16.c; 17.c; 18.d; 19.a; 20.c

1.b; 2.a; 3. c; 4.b; 5.c; 6.a; 7.d; 8.c; 9.a; 10.a; 11. b; 12.c; 13.a; 14.b; 15.a;

4. TEENAGERS, BETWEEN USE AND ABUSE OF SOCIAL MEDIA

Prof. Sacerdoţeanu Marina
Prof. Văduva Cătălin

Using social media in moderation is not a bad thing. It can definitely help boost serotonin and it can also help uplift our mood. Most teenagers click a selfie of themselves and post it on social media asap. They feel good about themselves when people like their post, comment on it. But, it can be a problem when this becomes a habit. Many teenagers feel under pressure to post photos of themselves more times a day. Unfortunately, they keep checking on their accounts for the number of likes they have received.

There are lots of studies showing that teenagers who use social media excessively do so, for different reasons. Some teenagers feel bored, lonely, overwhelmed and stressed while others need an escape from their immediate physical environment or need to feel appreciated and validated.

Social media ''overdose'' can impact teens' mental health. Social media Internet addiction and addiction are not official diagnoses. Nevertheless, researchers have been learning more and more about the intersection of media use and wellbeing, including what may be problematic behaviour. Unfortunately, students don't think that they are addicted to social media networks.

There is a strong connection between excessive social media usage and mental disorders such as depression, anxiety, ADHD, sleep disorders, paranoia, delusions, even suicidal thoughts and self-harm. Teenagers should pay attention to the amount of time they spend on social media. Consequently, they need to recognize the signs of social media addiction and ask for specialized help. It is necessary to take steps quickly to ensure they do not become addicted to social media.

Here are a few honest thoughts of some 12-15 year-old-students when they were asked how important social media is for them:

⇒ ''I feel so unhappy when I cannot be on social media.''

4. TEENAGERS,
BETWEEN USE AND ABUSE OF SOCIAL MEDIA

⇒ "I see social media as a means of escaping the real world."

⇒ "Adults don't always understand why problems that seem small and insignificant, like getting a certain comment or not getting enough likes on a post, make us feel so bad."

⇒ "If I don't have my phone, I feel like I've lost all communication with the world."

⇒ " I prefer to use social media even if there is somebody around me."

⇒ "I do not even notice that I am hungry and thirsty when I am on social media."

⇒ "I prefer virtual communication on social media to going out."

⇒ "Going on social media is the first thing I do when I wake up in the morning."

It is helpful to know how much time someone should spend on social media. Studies confirm that thirty minutes of social media usage helps give a boost to a persons' mood while using social media for more than two hours a day can increase the risk of developing depressive symptoms. Social media tools should be used effectively. Social media platforms can easily become a source of enjoyment and fulfilment if they are used responsibly. They can help a person feel good about themselves, help them in staying socially connected with friends globally, connect with other people, share original ideas and thoughts, stay informed of news and current affairs, become aware of social events and showcase their talents and skills. So, let's use it in our advantage and avoid the abuse of social media! Let's forbid the dark side of social media kill our dreams! It's not very simple, but it's worth trying to maintain a healthy balance between online and real life. Dear teenagers, join a gym, do team sports, discover the nature! Be determined and become the best version of yourselves!

https://timesofindia.indiatimes.com/
https://www.academia.edu/39296197/
https://time.com/6167073/teens-social-media-safety/

5. FIND SOMEONE WHO... ACTIVITY SHEET

Prof. Sacerdoțeanu Marina
Prof. Văduva Cătălin

* FIND SOMEONE WHO KNOWS WHAT RINSTA MEANS

* FIND SOMEONE WHO KNOWS WHAT FINSTA MEANS

* FIND SOMEONE WHO HAS BEEN USING INSTAGRAM FOR AT LEAST 2 YEARS

* FIND SOMEONE WHO HAS USED ZOOM LATELY

* FIND SOMEONE WHO HAS NEVER USED SNAPCHAT

* FIND SOMEONE WHO HAS RECENTLY USED DISCORD/HAS USED DISCORD THIS YEAR

* FIND SOMEONE WHO HAS BLOCKED AT LEAST A PERSON (ON FACEBOOK, INSTA, WHATSAPP)

* FIND SOMEONE WHO WAS BLOCKED (ON FACEBOOK, INSTA, WHATSAPP)

* FIND SOMEONE WHO DOWNLOADED FILES OR APPLICATIONS FROM USERS THEY DIDN'T KNOW OR TRUST.

* FIND SOMEONE WHO CLICKED ON LINKS THAT LOOKED SUSPICIOUS OR APPEARED TO HAVE BEEN SHORTENED OR ALTERED.

* FIND SOMEONE WHO REJECTED A FRIEND REQUEST

* FIND SOMEONE WHO HAS EVER USED YOUTUBE KIDS

* FIND SOMEONE WHO KNOWS WHAT BODY-SHAMING IS (body shaming is a common form of cyberbullying which consists in making critical comments on social media, about the shape or size of someone else's body)

* FIND SOMEONE WHO IS KEEN ON SHOPPING ONLINE

5. FIND SOMEONE WHO... ACTIVITY SHEET

* FIND SOMEONE WHO SENT PHOTOS OF THEMSELVES TO PEOPLE THEY DIDN'T KNOW

* FIND SOMEONE WHO HAS NEVER GIVEN THEIR REAL NAME OR ADDRESS TO A STRANGER OR SOMEONE ONLINE

* FIND SOMEONE WHO HAS TRACKED SOMEBODY'S LOCATION

* FIND SOMEONE WHO KNOWS WHAT "DIGITAL FOOTPRINT" MEANS (Every time you register for an online service, send an email, download a video or upload a photo, the information can be accessed and your DIGITAL FOOTPRINT can be revealed)

* FIND SOMEONE WHO KNOWS HOW TO MAKE VERY DIFFICULT PASSWORDS

* FIND SOMEONE WHO HAS EVER SHARED PERSONAL INFORMATION ONLINE

* FIND SOMEONE WHO CREATED A YOUTUBE CHANNEL TO UPLOAD VIDEOS, COMMENTS OR MAKE PLAYLISTS.

* FIND SOMEONE WHO   HAS A PHONE-FREE ZONE AT HOME (THE FAMILY DINNER TABLE OR THE BEDROOM)

* FIND SOMEONE WHO   WATCHES FUNNY VIDEOS ON TIKTOK AT LEAST TWICE EVERY DAY

* FIND SOMEONE WHO   USES TIKTOK VIDEO DOWNLOADER

* FIND SOMEONE WHO   TURNS OFF SCREENS AN HOUR BEFORE BEDTIME

* FIND SOMEONE WHO KNOWS HOW TO MAKE A FAKE FACEBOOK ACCOUNT

5. FIND SOMEONE WHO... ACTIVITY SHEET

* FIND SOMEONE WHO KNOWS WHAT "GG" MEANS (USED AT THE END OF AN ONLINE GAME)

* FIND SOMEONE WHO KNOWS WHAT "GLHF" MEANS (USED AT THE BEGINNING OF AN ONLINE GAME)

* FIND SOMEONE WHO'S WEARING A SMARTWATCH

* FIND SOMEONE WHO CHECKS THE TIME ON THE WRISTWATCH, NOT ON THE PHONE

* FIND SOMEONE WHO HAS USED A FREE URL SCANNER (https://www.emailveritas.com/url-checker, https://www.virustotal.com, etc)

* FIND SOMEONE WHO IS AN UPSTANDER (An upstander is a person who speaks or acts in support of an individual or cause, supports the bullied, so particularly someone who intervenes on behalf of a person being bullied.)

* FIND SOMEONE WHO IS A BYSTANDER (Bystanders are kids and teens who witness bullying and cyberbullying in action, who stand by and watch, who videotape it and make it viral ... and who do and say nothing).

* FIND SOMEONE WHO HAS BEEN WEB-MONITORED BY HIS/HER PARENTS

* FIND SOMEONE WHO HASN'T BEEN WEB-MONITORED BY HIS/HER PARENTS

6. TEENS & SOCIAL MEDIA (TSM)

Prof. Sacerdoțeanu Marina
Prof. Văduva Cătălin

For many teenagers, phones have become a vital part of their daily routine Connecting with friends, listening to music, playing games online, staying in touch with people who live far away, learning new things, following influencers and content creators – all of them are just a click away.

Teens are more likely to use their phones for nearly all activities, whether those activities are social or information-seeking. Social media informs and raises awareness, but it can also manipulate and influence people's lives.

Sometimes, the relationship with their device can be complicated and most parents believe that the widespread use of smartphones by young children and teenagers might potentially result in more harm than benefits. LOL, parents again...

The majority of cellphone-using teens say that their phone is also a way to just pass time. But while phones are a way to connect with other people, teens can also consider it a way to avoid face-to-face interactions. They say they often or sometimes use their phone to avoid interacting with people, which is truer for teen girls than teen boys. FYI, while spending more time on social media, we tend to forget the real world and get lost on the Internet. Communication is very different online, as you can't figure out what someone means through words. Reading expressions or body language? This is a real challenge! Those who live their lives through social media, will miss out on the real advantages of in person relationships. This is indeed one of the biggest and saddest dangers of social media. But, anyway, it is a unique kind of communication, isn't it? Social media conversations make you learn and use a ton of lingo or acronyms that take you a while to figure out. AFAIK, social media acronyms get thrown around very casually in comments, captions and conversations and you have to cope with all of them!

6. TEENS & SOCIAL MEDIA (TSM)

Most teens agree that they often or sometimes check for messages or notifications as soon as they wake up. It is a worrying fact that more and more teenagers associate the absence of their phone with at least one of three emotions: feeling lonely, upset or anxious. Researchers say that girls are more likely than boys to feel lonely or anxious without their phone.

The landscape of social media has been ever-changing lately, especially among teens who often are on its leading edge. From ordering high-tech gadgets to purchasing the latest fashions, the Internet has reshaped how, when and where we can make purchases. At the same time, social media has become an important tool for consumers, especially with teens – following and turning to influencers for recommendations. As teenagers reach for their digital devices for online shopping, social media has also become a way to promote products, share tutorials and create content, thus influencing people's tastes, opinions and last but not least, purchases.

The constant notifications that flash up on your screen are a quick reminder that you can contact anyone 24 hours a day, 7 days a week. LMK if you agree with the fact that this reality can create a dangerous ideal for a teenager, as they may feel the pressure to be available constantly. This situation may lead to overuse, addiction of social media, as teens feel the pressure to be 'online' all the time. They may also feel the FOMO of what their friends have posted online while they are away from their phones. Unfortunately, this can lead to sleep deprivation, since teens spend hours at night scrolling through all kinds of stories and posts. Teens need more sleep than adults, therefore it is vital for them to be able to switch off their phones at night.

6. TEENS & SOCIAL MEDIA (TSM)

BTW, another important factor in why teens may become addicted to social media, is related to 'likes' and interactions. 'Likes', this modern form of digital interaction received on Facebook and Instagram, can cause teens to want to use social media more often. Lots of teens get extremely hung up on the number of likes, followers and interactions they get on TikTok and Instagram. A research study at the UCLA Brain Mapping Centre, found that certain regions of the teen's brains became activated by viewing likes on social media. It's about peer pressure, sexting, trolling and cyber bullying. All of this can lead to anxiety and depression as teens have to navigate a minefield of stressors.WBU?

Another danger is connected to the fact that teens go online and see a picture-perfect world. It's difficult for them to remember that social media is just a highlight reel for most people. They ignore that filters also hide flaws. Consequently, teens will go on and compare themselves against the seemingly ''perfect'' lives of their peers and friends. This fake feeling will create even more pressure for them, as they will want to recreate something equally as perfect, while feeling inadequate, unless they get as many likes as their friends.

The feelings of jealousy and envy will be very present whilst scrolling through social media. The teens will feel like the lives online are much more exciting than theirs, as they see all of the positive posts.TBH, it becomes extremely easy for a teen to believe that everyone else is happier

6. TEENS & SOCIAL MEDIA (TSM)

Teenagers have a developing brain and they can be extremely vulnerable, therefore they will struggle to put healthy boundaries in place with social media. Let's admit it, healthy boundaries are important in all the aspects of our lives. HTH.

Social media can be an educational tool, but used excessively, it can breed toxicity in our lives. IMO, we all have to learn to use social media mindfully.Together. ASAP.

<p align="center">TSM ✌️</p>

Social media acronyms (for adults 🙁)

AFAIK – as far as I know

ASAP – as soon as possible

BTW – by the way

FYI – for your information

HTH – here to help or happy to help

IMO – in my opinion

LMK – let me know

LOL – laughing out loud

TBH – to be honest

TSM – thanks so much

WBU – What about you?

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7. "DIGITAL DIET" – DOOMSCROLLING AND JOYSCROLLING HABITS

Prof. Sacerdoțeanu Marina
Prof. Văduva Cătălin

With the flick of a finger, scrolling has become a reliable "e-gesture". Social media can worsen mental health, but at the same time it is useful to have an entire community of strangers and friends, just a few clicks away. With global lockdowns and so many people working remotely, being online has become the most important and sometimes the only connector to the outside world. Unless it becomes a burden.

Doomscrolling (searching for bad news) or joyscrolling (seeking out happy content) have become big buzzwords lately.

People do have a deep-rooted curiosity for disaster and doom. 2020 was the year when collective negative attitude has been accelerated by the global chaos of the pandemic. This is why people have not been seeking out for good news anymore, in a time when everything is overwhelming. It may be the need to validate and justify our anxieties. The trend to look for the worst on social media ticked up in the early stages of the pandemic and has continued since then. **Doomscrolling** may also lead to negative behaviour, such as inaction. If the problems we are facing are intractable, why should people exert efforts towards noble causes, self-improvement projects, or prosocial and preventative initiatives, such as wearing a face mask or getting vaccinated? The fact is that, the more bad news people consume through social media, the more likely they are to think situations are worse than they are leading to mental anguish and possibly depression.

7. "DIGITAL DIET" –
DOOMSCROLLING AND JOYSCROLLING HABITS

Spending so much time online, not to mention consuming negative content, can increase the risk of becoming anxious, depressed and stressed. If we begin to experience these symptoms we can become more frustrated, isolated, lonely, irritable, hostile, lack motivation, and even develop headaches from all that screen time.

"One of the biggest ways to stay connected during the Covid-19 pandemic has been through digital media; since we can't be together IRL, we often gain the feeling of connection and being social by scrolling social media," says psychotherapist Elizabeth Beecroft, referencing a study by the New York Times that found we are spending almost 50% more time on our phones during the pandemic.

Social media can be an educational tool, but used excessively, it can breed toxicity in our lives. IMO, we all have to learn to use social media mindfully.Together. ASAP.

The new phenomenon that's emerging in response to the never-ending carousel of dismal news is joyscrolling. "People are paying more attention to their 'digital diets' and ensuring that the content they're consuming is providing them with a sense of wellbeing," says Carrera Kurnik of Fashion Snoops.

7. "DIGITAL DIET" –
DOOMSCROLLING AND JOYSCROLLING HABITS

Substitute "doomscrolling" with "joyscrolling."

The idea is to spend your time online looking at things that make you feel better instead of worse, whatever that may be. If you like breakaways or outdoor activities, scroll through Airbnb or search hiking trails you've never done. Scroll through "Good News" websites. Whatever brings you joy and just a little less doom.

CRACKED.COM

Seeking out digital reminders of joy in the world and accessing small, even insignificant, pieces of good news can kickstart people's hope and optimism. Being on our phones or social media allows us to check in on our friends and family and keep up with the world, which gives us confidence and a sense of comfort. We should look up an alternative online space for positive news, in which people can share the good things that happened to them. It should be a gentle reminder of the spontaneous and light-hearted moments of human connection in our daily activities, which consumers are gradually acknowledging, rather than obsessing over the scary or even gory elements of society that we are psychologically so drawn to. Getting in touch with nature, with our friends, with ourselves– this is the main purpose of our daily diet, trying to get a "digital detox". It's necessary to educate ourselves on the harsh truths of topics such as the pandemic and systemic racism, but it's also important to ensure our days are sprinkled with elements of goodness, too!

7. "DIGITAL DIET" –
DOOMSCROLLING AND JOYSCROLLING HABITS

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8. DIGITAL GUIDELINES
FOR RESPONSIBLE ONLINE BEHAVIOUR
STUDENTS' WORK

INTRODUCTION

Like real-world violence, online harassment involves repeated acts of hostility that last a long time, intensify, and are carried out with the intention of causing harm. However, there are characteristics of cyberbullying that make preventing it much more difficult.

Cyberbullying is a terrible phenomenon that, unfortunately, happens more and more in this day and age. Because it is becoming more prominent in our day-to-day lives, it started coming in many shapes and forms

Are you joking or bullying? All friends joke with each other. But if a joke that upsets you continues although you have asked it to stop and it's no longer fun for you, it may be bullying.

TYPES OF CYBERBULLYING

The types of cyberbullying vary.

From unconscious commentary to deliberate aggression. Below are some examples of perpetrators' actions::

⊗ **Insults in cyberspace**, where child is insulted on social media.

⊗ **Impersonation and damage to one's reputation.**In cyberspace, it's easy to stay anonymous and hide your identity, and you can pretend to be someone you're really not.

⊗ **Rejecting and not accepting someone** to a group of friends, social networks. Removing one of your classmates from your friend list.

⊗ **Defamation on the internet**, when rumors are spread about a child or a group of children by publishing humiliating materials or/and posting unpleasant comments.
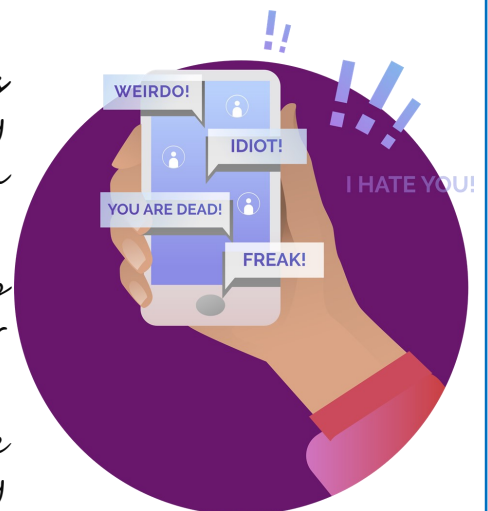
8. DIGITAL GUIDELINES
FOR RESPONSIBLE ONLINE BEHAVIOUR
STUDENTS' WORK

⊗ **Harassment.** It is usually consisted of repeatedly sending threatening or hurtful messages, and so creating a pattern to scare or cause the victim bad feelings.

⊗ **Outing** refers to the act of openly posting or revealing personal information about the victim without their consent. It can lead to more serious events, such as the bully impersonating the "outed" person by creating fake social media accounts under the victim's name and posting harmful things on them, action also called "FRAPING".
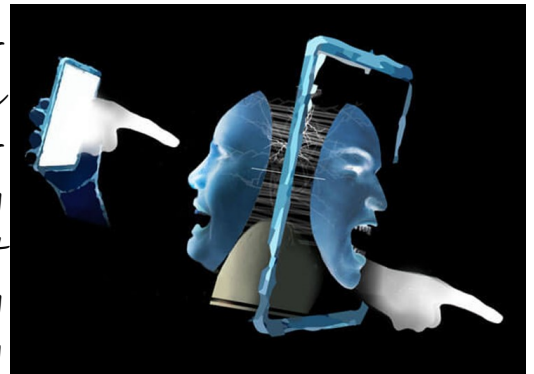
CAUSES OF CYBERBULLYING

Social status. Electronic bullying is not gender related. Girls can be just as malicious as boys, especially when criticizing another girl's physical appearance. Cyber bullying women will also resort to hate rumors about their victims, gossiping on social networking sites and popular bulletin boards. By constantly humiliating and torturing another, an online bully believes she is proving her superiority and affirming her social status. The ultimate goal of this form of bullying is to gain popularity and influence in the dominant social circle.

Entertainment. Unfortunately, many cyber bullies carry out their actions for pure entertainment. Children often feel bored when they have too much time on their hands, and the internet and mobile phones provide easy access to potential victims.

Power. Some children may feel powerless at school or at home and take advantage of electronic bullying to exercise power over someone else. These bullies are often types of children associated with being a victim of a traditional bully. .

Revenge. Spite can make a person do horrible things and, usually, that very thing is what drives the actions of both bullies and cyberbullies. The children who bully others because they seek revenge are often referred to as BULLY-VICTIMS.

8. DIGITAL GUIDELINES
FOR RESPONSIBLE ONLINE BEHAVIOUR
STUDENTS' WORK

EFFECTS OF CYBERBULLYING

Because cyberbullying is such a hard thing to deal with, especially as a child, it can really take a negative toll on the kids' wellbeing.

The effects of cyberbullying can be very painful for people who have become the target of it. The consequences of experiencing online harassment vary according to the severity of the act of aggression.

We can distinguish:

⊗ **Emotional effects:** loneliness, helplessness, no hope for improvement, humiliation, despair, sadness

⊗ **Mental effects:** problems with interpersonal relations, anxiety, psychosomatic problems, depression, low self-esteem, isolation, suicidal thoughts, neurosis

⊗ **Behavioral effects:** problems with sleep, concentration, learning, remembering information, fatigue, dizziness, abdominal pain, avoiding school

⊗ **Physical effects:**
   1. Lack of energy leads to lack of exercise and it leads to muscle atrophy and body curvature
   2. Loss of weight, anorexia

The long-term effects of cyberbullying are also borne by its perpetrators: aggressive behavior becomes reinforced, the sense of responsibility for their own actions is lowered, the tendency to antisocial behavior may increase in the future.

8. DIGITAL GUIDELINES
FOR RESPONSIBLE ONLINE BEHAVIOUR
STUDENTS' WORK

TIPS & TRICKS TO PREVENT CYBERBULLYING

⇒ **FACEBOOK**:

- keep your friends list small
- don't use a profile picture of yourself
- don't respond to shady messages

⇒ **INSTAGRAM**:

- don't post indecent pictures of yourself/others
- turn the comments off when you post something
- make your profile private

⇒ **TIK TOK**:

- remove the followers that you don't know
- report the mean comments/ restrict the comment section on the videos that you post
- don't post controversial/debatable/judgeable videos

⇒ **SNAPCHAT**:

- don't accept friend requests from people you don't know
- don't send people indecent pictures
- don't post pictures of yourself on your story section

⇒ **DISCORD**:

– activate the "keep me safe" option
– block any problematic users/servers
– choose who can and can't friend you from the settings section

REMEMBER !

that the applications have tools to block users and report image abuse to the appropriate institutions. Take screenshots if it's possible.

8. DIGITAL GUIDELINES
FOR RESPONSIBLE ONLINE BEHAVIOUR
STUDENTS' WORK

STRATEGIES TO BUILD A POSITIVE DIGITAL CITIZENSHIP IN SCHOOLS

School is the place where children spend a huge majority of their time, which means that they need to be taught about modern problems AT SCHOOL. One of the issues that should be talked about is cyberbullying because it gives students the possibility to ask competent people questions and actively learn.

Internally, schools need to keep track of the mobile usage inside of their institution, implementing rules and restrictions connected to the said aspect.

Some of these could include:

√ Talk about cyberspace
√ Check students' knowledge about cyberspace
√ Inform about helplines and entitlement programs
√ Teach responsibility for their actions
√ Teach about harassment procedures
√ Conduct meetings and surveys
√ Implement security software
√ No phones during class or breaks
√ Every school/school district should have a website on which students can report cases of cyberbullying
√ "Phone-free" activities organized by the teachers/school staff

9. RESPONSIBLE SOCIAL NETWORKING–
7TH GRADE ENGLISH LESSON IDEA

Prof Diaconu Liudmila Elena

Step 1. The teacher starts the lesson by showing students logos of social networks and encourages students to give their honest opinion related to the following questions:

- Which of these social networks do you know about? Which do you use?
- What do you think of them?
- Do you know about any other social networks? Do you use them?
- What are the benefits of using social networks?
- Are there any traps when going online?

Step 2. Speaking – Discuss these statements and say if they are true for you:

- I've got a Facebook account but hardly ever use it.
- I often feel embarrassed by what my parents post on Facebook.
- I don't post many comments, but I like to read other people's posts.
- I spend an hour on social networks every day.
- I constantly check for updates on social media.
- I only have people I know in real life in my friends list.
- I can't stop myself from posting comments that I regret later.
- I always think of possible reaction I might get before posting online.
- I know of a post that created a problem.
- I only write nice comments or none at all.

9. RESPONSIBLE SOCIAL NETWORKING
7TH GRADE ENGLISH LESSON IDEA

Step 3. Writing – Think before you act online. Students are asked to write 5 rules people should follow when they go online using the ideas discussed in the previous activity. They might come up with things like: 1. You should always think about what your family or teachers would say if they saw your posts. 2. Always be polite and use nice words in your comments. 3. Don't say anything negative about other people and don't spread rumours. 4. Beware of cyberbullying – talk to an adult if you spot any bullying behaviour. 5. Never write about personal things or about your family online. etc.

Step 4. Speaking and writing – Ask and answer questions with a partner. Imagine you meet somebody who has never used a computer. What advice would you give them about social networking?
Students are encouraged to write a short dialogue in pairs in which to give their own advice using phrases like: The best thing you can do is to…, You should/shouldn't, You ought to, Why don't you…, How about+V-ing…, You could…/I would/'d/wouldn't if I were you…/I'd try+Ving…, This way, you will…/Perhaps this will…, This is what you can do… etc. Then a few pairs present their ideas.

9. RESPONSIBLE SOCIAL NETWORKING
7TH GRADE ENGLISH LESSON IDEA

Step 5. Writing – The teacher asks the students to write a real or imaginary problem they have/could have when using social networks on a piece of paper. The teacher then collects the students' problems and gives them back to other students randomly. The students are asked to write their own advice to the problem they received on the piece of paper. After that, the teacher returns the problems accompanied by the solutions given to the initial students who wrote them. Finally, the teacher asks them if they are satisfied with the advice they got and to make any comments they think appropriate under the circumstances.

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10. DIGITAL GUIDELINES FOR RESPONSIBLE ONLINE BEHAVIOUR

Prof Popescu Loredana
Prof. Popescu Cristian

Digital guidelines for responsible online behaviour

In today's digital age, understanding and practicing responsible online behaviour are essential. This is true for both individuals and organizations, as irresponsible online behaviour can have serious consequences. From the sharing of private information to the spread of malicious software, it's important to exercise caution when engaging in online activities. To ensure that users are able to benefit from all the positive aspects of the digital world, it is vital to act responsibly at all times

How to protect yourself on the internet?

To ensure that your data and identity remain safe online, it is important to practice good cyber hygiene. This includes using strong passwords and maintaining up-to-date security software, as well as being cautious when using public Wi-Fi networks. Make sure to log out of websites when you are done using them, and never share your passwords with anyone. Also, emails and links sent to you from unknown senders could contain malicious links or software.

What is cyberbullying?

Cyberbullying is the use of digital technology to bully a person, typically by sending them messages of an intimidating or threatening nature. This type of behaviour can have serious consequences, such as anxiety. Cyberbullying can take many forms, from sending offensive messages to posting embarrassing photos of someone online. It is important to remember that everyone has the right to feel safe online, and cyberbullying should not be tolerated. It can be also found in forms such as videos or posts on social media. It is important to recognize when someone is being cyberbullied, as it can have a serious impact on an individual's well-being.

Causes of cyberbullying

The causes of cyberbullying vary, but some of the most common include low self-esteem, revenge, and jealousy. It is important to remember that no one should be subjected to cyberbullying, and it is important to take steps to prevent it. This can include talking to those who may be cyberbullying and discussing the issue. It is also important to block any accounts used for cyberbullying and not to respond to any messages.

Effects of cyberbullying

Cyberbullying can have a negative impact on an individual's mental health, leading to feelings of depression, anger, humiliation or anxiety. It can also lead to isolation or physical health issues, such as headaches, stomach aches, and insomnia. In some cases, it can even lead to suicidal thoughts. Everyone should have the right to feel safe online, and it is important to take steps to prevent cyberbullying and report any incidents that occur.

How to prevent cyberbullying?

It is important to report cyberbullying whenever you see it. It is also important to remember that when you see someone being cyberbullied, they may be too scared to tell someone or seek help. Reporting any incidents of cyberbullying can help protect the person being targeted. Additionally, it is important to set clear boundaries with people online, so that you know what is acceptable and what isn't.

We should be respectful on the INTERNET

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11. TEN THINGS TEENS WANT TO KNOW
ABOUT CYBERBULLYING

Prof. Diaconu Iulia

Cyberbullying means bullying through the use of digital technologies. It can happen on social networks, messaging platforms, gaming platforms and mobile phones. It is about repeated behavior intended to frighten, anger or humiliate those targeted. Examples include: spreading lies or posting embarrassing photos of someone on social media; sending annoying or threatening messages through messaging platforms; copying a person's identity and sending malicious messages to someone on their behalf.

Face-to-face and online bullying can happen at the same time. But cyberbullying leaves fingerprints—records that can prove useful and provide the evidence needed to put an end to the bullying.

1. Am I being bullied online? How do you tell the difference between a joke and bullying?

All friends joke with each other, but sometimes it's hard to tell if someone is just having fun or trying to hurt you, especially online. Sometimes they take the matter as a joke and tell you "I was just kidding," or "don't take it too seriously."

But if you feel offended or think that others are laughing at you and not with you, then the joke has gone too far. If it continues even after you've asked the person to stop and you're still bothered by what happened, then it could be bullying.

And when bullying happens online, it can attract unwanted attention from many people, including strangers. Wherever it happens, if it displeases you, you are not obliged to accept it.

Say what you want, but if it makes you feel bad and won't stop, then it's better to ask for help. Stopping cyberbullying isn't just about exposing the bullies, it's about recognizing that we all deserve respect, both online and in real life.

2. What are the effects of cyberbullying?

When bullying happens online, you feel like you're being attacked wherever you are, even in your own home. It may seem like a hopeless situation. The effects can be long-lasting and affect a person in many ways:

Psychic— you feel angry, embarrassed, stupid, even angry.

Emotional — you feel ashamed or lose interest in things you like.

Physical — you feel tired (insomnia) or have symptoms such as stomach ache or headache.

Fear of being laughed at or bullied by others can prevent you from expressing yourself freely or trying to solve the problem. In extreme cases, cyberbullying can even lead to suicide.

Cyberbullying can affect us in many ways. But the situation can be overcome and affected people can regain their confidence and health.

3. Who should I talk to if someone is bullying me online? Why is it important to report?

If you feel you are being bullied, the first step is to ask for help from someone you trust, such as your parents or a close family member or other trusted adult.

In your school you can ask for help from a counsellor, sports teacher or your favorite teacher.

And if you don't feel comfortable talking to someone you know, look for a helpline in your country or talk to a professional counselor.

If the bullying is happening on a social platform, you can block the bully and report their behavior formally on that platform. Social media companies have an obligation to provide a safe environment for their users.

Gathering evidence, such as text messages and screenshots of social media posts, can be helpful to show what's going on.

In order to end bullying, bullying must be identified and reporting is essential. It can also help to show the bully that their actions are unacceptable.If you are in a situation of imminent danger, contact the police or emergency services in your country.

If you are being bullied online, we encourage you to talk to a parent, teacher or someone you trust — you have the right to be safe. Also, the process by which you can report bullying actions directly from Facebook or Instagram is very easy.

4. I'm dealing with cyberbullying, but I'm afraid to tell my parents about it. How to approach them?

If you are dealing with cyberbullying, reaching out to a trusted adult – someone you can safely talk to – is the most important first step you can take.

Not everyone finds it easy to talk to their parents. But there are things you can do to make communication easier. Choose the time of the dialogue when you know that I can give you
their full attention. Explain how serious the problem is to you. Remember that they may not be as tech savvy as you are, so you may need to help them understand what's going on.

They may not have immediate solutions for you, but there is a very good chance that they will want to help you, and together you can find a solution. Two minds work better than one. If you are unsure of what to do, consider asking for help from other trusted people. Often times, there are more people than you might think who care about you and are willing to help you.

5. How can I help my friends report cyberbullying, especially when they don't want to?
Anyone can become a victim of cyberbullying. If you notice that a person you know is the target of such aggression, try to offer your support.
It is important to listen to your friend. Why doesn't she want to report cyberbullying? How it feels? Tell him he doesn't have to report anything formally, but that it is essential that he speak to someone who can help him.
Remember, your friend may be in a delicate state. Show him your kindness. Help him think about what he might say and to whom. Offer to accompany him if he decides to report the situation. Most importantly, remind him that you are there to support him and that you want to help him.
If your friend still doesn't want to report the incident, support them in identifying a trusted adult who can help them manage the situation. Do not forget that in certain situations the consequences of online aggression can be life-threatening.

If you don't offer your support, the person in question may be left with the feeling that no one cares or that everyone is against them. Your words can make a difference.

Anyone can become a victim of cyberbullying.

We know it can be hard to report someone. But it's never okay for someone to bully a person.

Reporting abusive content to Facebook or Instagram can help us improve safety on our platforms. Bullying and harassment are, by definition, extremely personal, so in many cases we need someone to flag this behavior to us before we can identify or eliminate it.

Reporting a case of cyberbullying is always anonymous on Instagram or Facebook, and no one will ever know that you brought this behavior to our attention.

You can report a situation you've encountered, but it's just as easy to report for one of your friends using the tools available directly in the app. More information on how to report something is available in the Instagram Help Center and the Facebook Help Center.

You can also tell your friend about an Instagram tool called Restrict, where you can protect your account discreetly without having to block someone – a harsh move for some people.

6. How can we end cyberbullying without giving up internet access?

The online environment has countless benefits. However, like many things in life, they come with risks that you need to guard against.

If you are dealing with online bullying, it is advisable to delete some apps or go offline for a while to give yourself time to recover. But not using the Internet is not a long-term solution. You didn't do anything wrong, so why put yourself at a disadvantage?

It can actually send the wrong signal to bullies, thereby encouraging their unacceptable behavior.

We all want to end online bullying, which is why reporting cyberbullying is so important. But creating the Internet we want involves more than unmasking the aggressors. We have to think about the fact that what we share or say can hurt others. We need to be kind to each other online and in real life. It depends on all of us!

We have to think about the fact that what we share or say can hurt others. Keeping Instagram and Facebook safe and positive places to express yourself is important to us – people will feel comfortable and express themselves freely if they feel safe.

But we know that online bullying can happen and give rise to unpleasant experiences. That's why we at Instagram and Facebook are committed to fighting online bullying.

We do this in two main ways. First, we use technology to prevent situations where people become the targets or witnesses of intimidation. For example, users can enable a setting that uses artificial intelligence technology to automatically filter and hide intimidating comments intended to harass or upset.

Second, we work to encourage positive behavior and interactions by providing users with tools to personalize their experience on Facebook and Instagram. Restrict is a tool designed to give you the ability to discreetly protect your account while keeping an eye on a harasser.

Twitter:

With hundreds of millions of people sharing ideas on Twitter, it's no surprise that we don't all agree on them. This is one of the benefits as we can all learn from different opinions and discussions

7. How can I prevent my personal information from being used to manipulate or humiliate me on social media?

Think twice before you post or share something online – that post stays online and can be used by someone later to harm you. Don't give out personal details like your address, your phone number or the name of your school.

8. Is cyberbullying punishable?

Most schools take bullying seriously and take action against it. If you are the victim of cyberbullying by your peers, report the situation to your school.

People who are victims of any form of violence, including bullying and cyberbullying, must be vindicated and the perpetrator must be held accountable.

Laws on bullying, and cyberbullying in particular, are relatively new and have not been adopted everywhere. Therefore, many states invoke other relevant laws, such as anti-harassment laws, to punish online bullies.

In states that have specific laws to counter cyberbullying, online behavior that intentionally causes emotional distress is considered a criminal activity. In some of these states, victims of cyberbullying can seek protection, a ban on communication with a particular person, and a temporary or permanent restriction on the use of electronic devices used by that person to bully online.

9. Companies doing business on the Internet don't seem to care about online bullying and harassment. Are they held accountable?

These companies are paying more and more attention to online bullying issues.

Many of them introduce ways to better address and protect users through new tools, guidance and reporting methods for online harassment.

But it is true that more efforts are needed. Many young people deal with cyberbullying every day. Some of them face extreme forms of online bullying. Some resorted to suicide.

Technology companies have a responsibility to protect their users and especially children and young people.

It is our job to hold them accountable when their actions fall short of their responsibilities.

10. Are online anti-bullying tools available for children or young people?

Each social media platform provides different tools (see available tools above) through which you can restrict the list of people who can leave you comments or who can view your posts or who can automatically connect as friends and through which you can report cases of bullying. Many of these tools involve simple steps like blocking, hiding or reporting cyberbullying.

Social media also provides educational and guidance tools for children, parents and teachers to learn more about the risks and ways to navigate safely online.

Plus, the first line of defense against cyberbullying can be you. Think about where cyberbullying is present in your community and ways you can help – speak up, expose online bullies and talk to adults you trust or let others know about it. Even a simple act of kindness can go a long way.

Bibliography
www.unicef.ro

Digital guidelines for responsible online behaviour

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