CONTRASTING CYBERBULLYING

SouLReCord–Sound   Leadership   Rejects   Cyberbullismor   Digital

Disrespect Programme: Erasmus+

Key Action: Partnerships for cooperation and exchanges of practices

Action Type: Small-scale partnerships in vocational education and training

Project Reference: 2021-1-IT01-KA210-VET-000034511

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PREVENTION

Education and Awareness:
Promote awareness of cyberbullying and its negative effects. Educating both young people and adults on how to identify and address it is essential.

Promotion of Online Kindness: Encourage respectful and kind behavior on digital platforms. Campaigns to promote empathy and kindness can help create a more positive online environment.
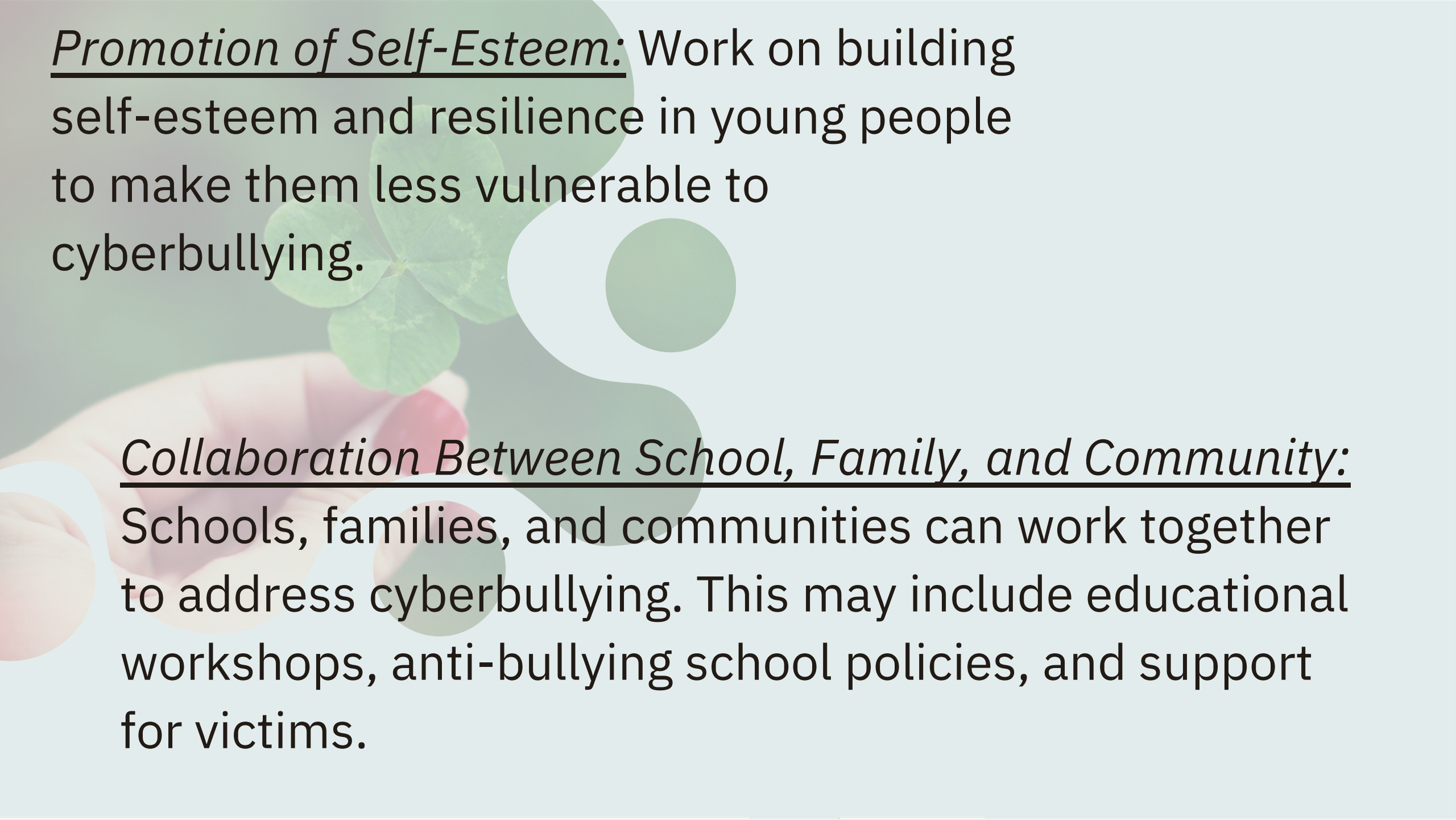
Blocking and Reporting: Teach individuals how to block bullies and report cyberbullying incidents to platform administrators or authorities.

Online Privacy: Educate people on the importance of online privacy. Instruct them on how to manage privacy settings on social media and encourage them to share personal information only with trusted individuals.

Open Communication: Encourage victims and witnesses of cyberbullying to speak with a trusted adult or school counselor. Open communication is essential in addressing the issue.

Device Monitoring: Parents can monitor their children's device usage and install parental control software to detect suspicious behavior.

Promotion of Self-Esteem: Work on building self-esteem and resilience in young people to make them less vulnerable to cyberbullying.

Collaboration Between School, Family, and Community: Schools, families, and communities can work together to address cyberbullying. This may include educational workshops, anti-bullying school policies, and support for victims.

Laws and Regulations: Advocate for laws and regulations that address cyberbullying and impose penalties on bullies.

Ongoing Awareness: Maintain continuous awareness of the issue and continue educating people on how to prevent and address it.

IDENTIFICATION

Negative Online Behavior: Look for any repetitive negative behavior directed at an individual, such as name-calling, insults, or threats.

Harassment: Identify instances of online harassment, where someone is repeatedly targeted with harmful messages, emails, or posts.

Spread of Hurtful Content: Be aware of the spread of hurtful content, like embarrassing photos or rumors, without the person's consent.

Impersonation: Watch for instances of impersonation, where someone creates fake profiles or accounts to harm or deceive others.

Exclusion and Alienation: Notice situations where individuals are intentionally excluded or alienated from online groups or social circles.

Flaming and Trolling: Pay attention to aggressive and inflammatory comments or behavior meant to provoke a negative reaction.

Cyberstalking: Recognize signs of cyberstalking, such as obsessive monitoring, tracking, or threats of physical harm.

Changes in Behavior: Be alert to changes in behavior, mood, or online activity, as these may indicate someone is a victim of cyberbullying.

Privacy Violations: Identify instances where someone's privacy is violated, such as sharing personal information without consent.

Multiple Platforms: Remember that cyberbullying can occur on various online platforms, including social media, messaging apps, email, and gaming platforms.

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