

# WORKSHOP III

## RESPECT AND CONDEMN



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### 3.1 Introduction

From a very early age, parents teach their children to respect their elders, have proper manners and to play nicely with others. Yet far too often these important life lessons are not applied in today's digital age. With more and more children and teenagers across the world connecting to the Internet whether on their laptops, smartphones or tablets, it has become increasingly important for parents and teachers/educators to ensure that they are practicing the same level of respect online as they do in person.

One of the most important things we can teach our children is that actions online have real world implications. The fact is that words hurt just as much when posted to someone's Facebook wall or sent via text message. In fact, they can hurt more because the record of them lives on and others can often magnify petty comments even further. Unfortunately, digital harassment of this kind may go unnoticed by parents and unreported by youth. Unlike bullying or abuse in the schoolyard, digital abuse or cyber bullying is far too often a hidden offence. By talking to the children about respecting others online, parents and teachers/educators can help build a positive digital environment that embraces learning and discovery, while minimizing negativity and inappropriate content. The parents and the teachers/educators should sit down with children and clearly discuss what behavior is appropriate online.

They should stress the importance of thinking critically about the information they encounter and how to maintain their privacy. Fostering open channels of communications with children about the digital world will help them feel more comfortable talking to adults if they encounter offensive content or if someone is harassing. The most important thing is to teach the children how to **RESPECT** the other online and **CONDEMN** when someone is bullying them online.

The workshop "Respect and condemn" includes 4 activities, for a total duration of 2 hours, divided in a reader (30 minutes), user (40 minutes), critic (40 minutes) and evaluator phase (10 minutes). It targets young people from 12 to 17 years old and it can be realized face to face, but also online. For the "face to face option" the activities can take place in a classroom or in some place with enough space with chairs and tables so the participants can feel comfortable. For the "online option" it's enough the participants to have a good internet connection and to download specific online platform for video calls. The activities are presented in an interactive way, explaining the problem which will stimulate young people's interest who will spread further the information among their friends. Workshops will be facilitated in a group work format, in a safe and protective environment where they will be encouraged to learn, share their experiences and learn from each other.

#### Objectives:

- to teach the children that actions online have real world implications: by talking to our children about respecting others online, we can help build a positive digital environment that embraces learning and discovery, while minimizing negativity and inappropriate content;
- to familiarize young people about what is Cyberbullying and Cyberharassment which are also known as online bullying;
- to provide examples so the children get more familiar with the different forms of Cyberbullying;
- to encourage youths to treat online friends with as much respect as those they meet face to face;
- to promote behavioural change.

## 3.2 What is Cyberbullying?



Reader phase



30 minutes

### Tools

- PC/Laptop - Good Internet Connection
- Projector
- PowerPoint Presentation

OFFLINE



Activity related to the  
"face to face option"

The first activity of this workshop is focused on knowing more about the Cyberbullying and Cyberharassment.

To keep the interest of the group it is better for the teacher/educator to prepare a PowerPoint presentation with pictures and information about the topic.





Reader phase



30 minutes

### Tools

- Online tool for video calls in which we can share a presentation in the screen
- Good Internet Connection
- Projector

ONLINE



Activity related to the  
"online option"

In the online option of this activity the teacher/educator can do the same.

\* The teacher/educator can use a platform or programme which allows her/him to share her/his desktop so the participants can see the PowerPoint presentation and the video about the story (For example Microsoft Teams).

\*\* If the teacher/educator is not able to use similar platform or programme she/he can always retell all the information.

## Content Examples

NEARLY  
**43% OF KIDS**  
HAVE BEEN BULLIED ONLINE

**1 IN 4**  
HAS HAD IT HAPPEN MORE THAN ONCE

Cyberbullying or cyberharassment is a form of bullying or harassment using electronic means. It is also known as online bullying. It has become increasingly common, especially among teenagers, as the digital sphere has expanded and technology has advanced.

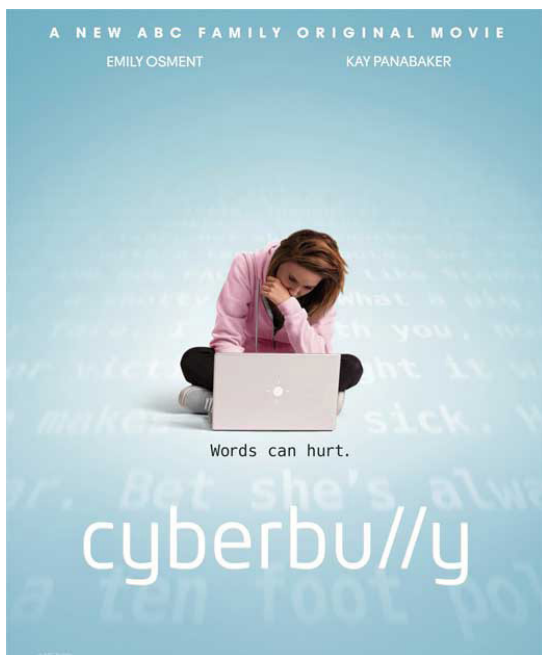
Cyberbullying is when someone, typically a teenager, bullies or harasses others on the internet and in other digital spaces, particularly on social media sites. Harmful bullying behavior can include posting rumors, threats, sexual remarks, a victims' personal information, or pejorative labels (i.e. hate speech). Bullying or harassment can be identified by repeated behavior and an intent to harm.



## Content Examples



Victims of cyberbullying may experience lower self-esteem, increased suicidal ideation, and a variety of negative emotional responses including being scared, frustrated, angry, or depressed.



The story of Taylor Hillridge, a teenage girl who falls victim to online bullying, and the cost it nearly takes on her and her family:

<https://www.youtube.com/watch?v=kcmkMii9Txs>  
<https://www.youtube.com/watch?v=g8Q4kHeM6Zc>

Note: The first video shows how they laugh at her and the second one shows how this effects her and her entire life.

- Cyberbullying happens when people use technology to hurt the feelings of someone else in an ongoing way
- Cyberbullying can happen anywhere, anytime
- Anybody can be a cyberbully if they act in certain ways toward another person online
- Cyberbullying is illegal and there are serious consequences for the victims, the bully, their families and friends
- If someone is making you feel unsafe or scared online it's not ok!
- When someone tries to hurt you by saying or doing things online this is cyberbullying!
- When it goes beyond teasing and you feel somebody is out to 'get you' online and you can't escape, this is a form of online harassment!
- Being harassed online is never ok – in fact, it's illegal!
- Sometimes it can reach a point where things become unbearable – remember help is available!

## Content Examples



It could be a sign that you're being harassed online when somebody does any of the following:

- Sends you messages even after you told them to stop
- Creates a fake profile and pretends to be you
- Spreads rumours or gossip about you online
- Sends you hurtful or scary messages or photos
- Deletes or edits your online accounts or posts
- Logs into your online accounts when you don't want them to

- Sometimes it's tricky to see how our behaviour affects somebody else, especially if you can't see the other person.
- Sometimes you might want to lash out at someone online because you're feeling down or upset. While this might make you feel good in the moment, it's probably not going to help the situation.
- It can be hard to know how to act online in a way that is respectful and caring of others, especially if you're used to seeing cyberbullying online.

Here's a few tips for recognising when you might be cyberbullying someone:



- Are you using language that might hurt somebody's feelings?
- Are you swearing at somebody? Or yelling (using CAPS) at them?
- What would your mum say if she saw it?
- How would you feel if someone sent that message to you?
- Would you say it to someone's face?
- Are you being kind and caring toward that person?
- Do you feel upset or angry?

- Here are our tips on how to have good interactions online and avoid falling into the cyberbullying trap:
- If it doesn't feel right, don't send it.
- Remember that things can be misunderstood very easily online.
- If you're upset or angry wait until you feel calm before posting/sending anything.
- Be kind toward people and try posting/sending positive messages instead of negative ones.
- Treat people online as you would want to be treated.
- Get the person's permission before posting/sending photos or videos of them.
- Understand that everybody is different and be respectful toward people even if you don't like or agree with them.





### 3.3 Social Media Safety Tips

**User phase**  **40 minutes**

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**Tools**

- Pencils - pens
- Markers
- Flipchart

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While the internet can be a great resource to help students prepare for tests and do research for assignments, as well as stay in touch with their friends, it's still important for them to be safe when using technology — especially social media sites.

For this activity the teacher/educator will need a Flipchart and markers for each participant. After the teacher/educator discuss the definitions on the previous phase now she/he can give the group an exercise.

Divide the group in two:

- Let the first group write on the Flipchart all the disRESPECTful things that could happen to them online.
- The second group are going to write on another **Flipchart** paper all the possible ways to avoid this harmful behaviour or to CONDEMN it. (block the person, delete messages, report the comments, etc.)

After the two groups are ready, read all the statements and if there are more suggestions add them to the Flipcharts. This will help the children to start thinking more critical on the content they see surfing on the Internet.





User phase



40 minutes

### Tools

- Online tool for video calls in which a presentation could be shared in the screen
- Good Internet Connection
- Pens / pencils for each participant

**ONLINE**



**Activity related to the  
"online option"**

The online version is going to be the same one, but instead of materials like paper, flipcharts, markers, the students can use some online tool to write the statements or each participant can share as much as she/he wants. After that the teacher/educator can make a discussion with the group and point out the conclusions.



**The following are some tips to help teens stay safe when using social media!**

- Never give other people password information.
- Don't post address, telephone number or school location online.
- Use strong privacy settings, so only friends and family can see posts.
- Be careful when clicking on links, and don't click links from unknown people.
- Don't accept friend requests from strangers.
- Use strong passwords and change them regularly.
- Don't respond to abusive posts.
- Never open attachments from unknown people.
- Set up security questions on social media sites.
- Don't allow programs to track location.



### 3.4 I say NO to Cyberbullying



Critic phase



40 minutes

#### Tools

- Markers - Pencils - Pens
- Paint Brushes
- Sheets of paper

OFFLINE



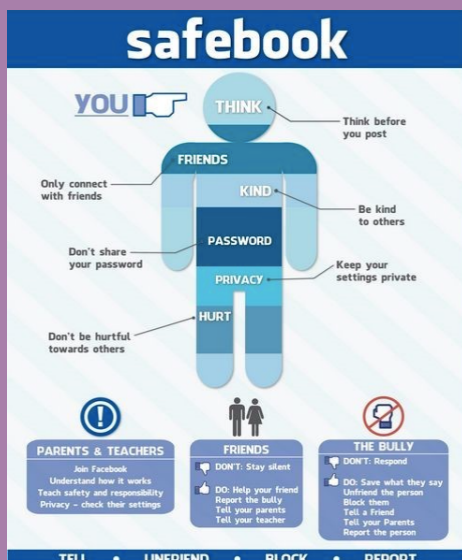
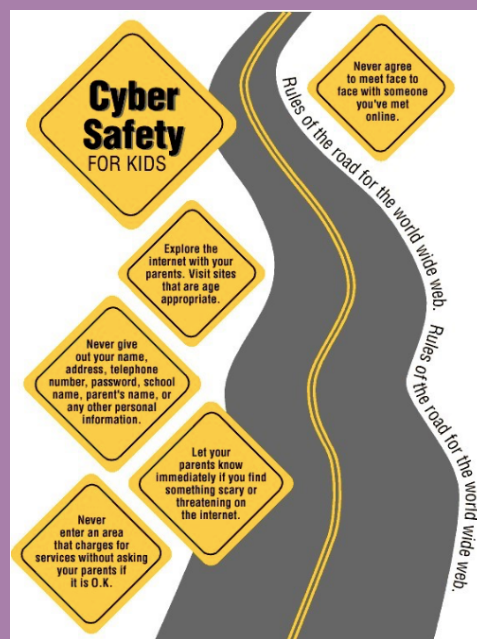
Activity related to the  
"face to face option"

This activity includes creating a poster for school by the participants.

The learning objective of this activity is young people to get involved in the process of preventing cyberbullying.

Ask first the participants if they have or seen something likewise these posters below and try to find similar once at your national language (you can show them with PowerPoint presentation):





Before the participants get involved in creating the poster ask them to work in groups of 3 or 4 people.

Each group is pulling a single sheet.

Explain to them that they are "volunteers" who need to raise public sensitivity about the problem cyberbullying - one of the most important things to change negative attitudes.

To this end, they must create a poster that calls for public mobilization to manage the problem.

Ask the participants to think about an appropriate message. Then the participants get to work (25 - 30 min). Each group should present their work to others and analyse it (10 min).

The expected result is to raise young people's awareness of how they can take part in various social initiatives and also to achieve understanding on issues of cyberbullying and raise awareness on this topic.

Alternatively, the participants can create a social campaign with appropriate statements instead of drawing a poster.



Critic phase



40 minutes

### Tools

- Online tool to make compositions or drawings like Canva, PowerPoint, Photoshop, Gimp, Paint...

ONLINE

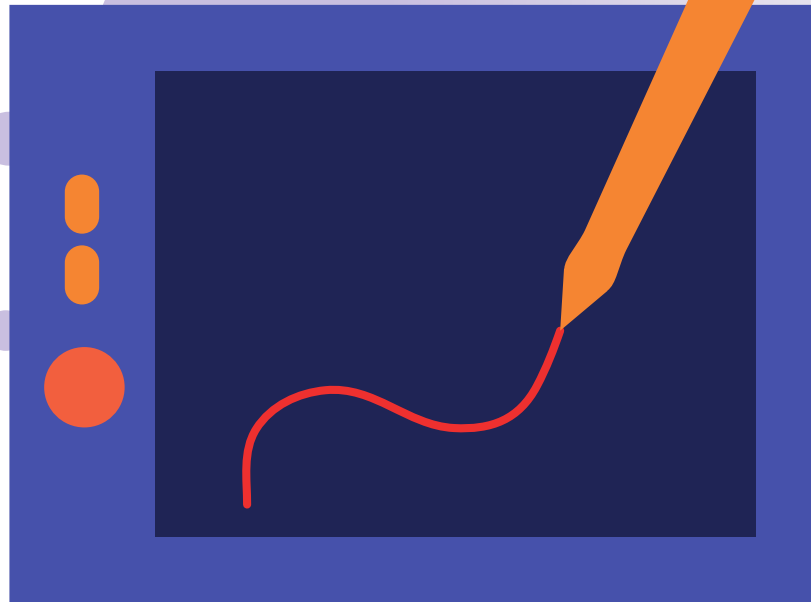


Activity related to the  
"online option"

They are going to use some online tool as power point, canva, paint, photoshop. They can choose the one they are good at. The other parts of the activity are the same.



Canva



### 3.5 Respect and Condemn



Evaluator phase



25 minutes

#### Tools

- Printed Questionnaires
- Pens

OFFLINE



Activity related to the  
"face to face option"

In this last activity the teacher/educator is going to evaluate the learning of the workshop. In order to evaluate the impact and the effectiveness of the workshop, the peer group should complete a questionnaire at the end of the workshop. The aim is to measure the attitude and to see the behaviour change in the target group. At the end they have to write what they have learnt and how have they found the activities, and also some proposals of improvements.





Evaluator phase



25 minutes

### Tools

- Online Questionnaires

ONLINE



Activity related to the  
"online option"

The online version of this activity is going to be online questionnaires of evaluation for every participant.

### Suggested questions

- What is cyberbullying ?
- What is cyberharassment ?
- What are the signs of online harassment ?
- How you can recognize when you harass someone online ?
- How you can protect yourself from online harassment ?
- What is a good interaction online ?
- Was the workshop useful for you ?
- Did you like the activities in the workshop ?
- Do you have any suggestions for improvement ?

