



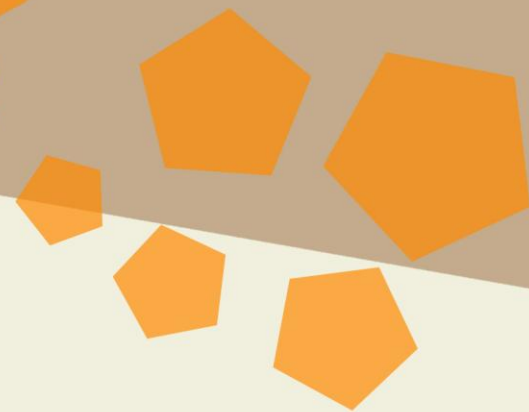
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**NO HATE
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CYBER BULLYING





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This booklet has been produced as part of the Seminar Log in for Human Rights, implemented by Center for Intercultural Dialogue (CID), from 25th of July to 6th of August 2013, in Mavrovo, Macedonia.

LOG IN for Human Rights was a seminar for multipliers, that aimed to empower youth leaders and online activists to fight exclusion and discrimination in the cyber space and promote active youth participation and human rights using IT&Social Media.

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The booklet is part of group work of participants at the Seminar, developed as a tool to combat human rights violations and promote inclusion in online environment.

It is a practical publication for youth leaders and youth workers to intervene in hate speech online issues and will foster promotion of diversity online

WHAT IS CYBER BULYING?

In the process of analyzing, identifying, resolving cyber bullying issue it is necessary to define what is cyber bullying. "Cyber bullying is the use of cell phones, instant messaging, e-mail, chat rooms or social networking sites such as Facebook and Twitter to harass, threaten or intimidate someone.

The problem is compounded by the fact that a bully can hide behind an electronic veil, disguising his or her true identity. Cyber bullying can include such acts as making threats, sending provocative insults or racial or ethnic slurs, gay bashing, attempting to infect the victim's computer with a virus, and flooding an e-mail inbox with messages. It is a new form of violation, strongly related to the evolvement of technological tools. Words hurt as much as actions and below we are listing some of the consequences of cyber bullying:

- Undermines confidence, self-esteem and sense of security
- Affects on performance and attendance at school
- Affects victims' professional reputation and career. Have decreased academic achievement (GPA and standardized test scores) and school participation
- Marginalizes certain groups
- Fuels prejudice in areas such as race, religion and sexuality
- Leads to suicidal thoughts. In one study, adults who recalled being bullied in youth were 3 times more likely to have suicidal thoughts or inclinations.
- Affects the victim for the rest of your life
- Victims are more likely to miss, skip, or drop out of school.
- Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

It is very difficult to control cyber bullying, considering the fact that now everyone possesses an electronic device (cell phone, pc, tablet etc) to access to internet much easier than before. Cases of cyber bullying involve:

- e-mail
- virtual learning environment
- chat rooms
- web sites
- social networking sites
- mobile and fixed-point phones
- digital cameras
- games and virtual world sites

Cyber bullying can take place 24/7, it usually extends to the victims house, creating the frustration that what was once safe is not anymore. Audience can be very large and reached rapidly. Scale and scope of bullying is greater than any other forms of bullying. Over 40% of all teenagers with internet access have report being bullied online during the past year. Girls are more likely to be the target to cyber bullying.

We as a representatives of different countries and supporters of non formal education, found cyber bullying as an issue that needs to be addressed and resolved with the right



methodology. We believe that among trainers, youngsters and schools could be a process of sharing the best practices. Implementation of non-formal education methodology in schools to encourage participation and inclusion of youngsters. It's essential that the whole school community understands what cyber bullying is, what measures are in place to prevent it and, if it does take place, what action should be taken. The mission would be completed if only these actors; mass media, government, parents, institutions (i.e education systems), will function as a whole.

FAQ's ON CYBER BULLYING

What is Cyberbullying?

Online bullying, or cyberbullying, occurs frequently to teens using the Internet, cell phones or other devices. These teens often experience texts or images intended to hurt or embarrass them. Almost half of all American teens are victims of cyber bullying. Whether you've been a victim of cyberbullying or know someone who has been cyberbullied, there are steps you and your friends can take to stop cyberbullying and stay cyber-safe.

How are people cyberbullied?

Cyberbullying occurs when an individual uses the Internet or another form of technology to harm other people, in a deliberate, repeated, and hostile manner. In some cases a person may pretend that they are another person online to trick others. They could spread lies and rumors about victims, trick people into revealing personal information, send or forward mean text messages, and post pictures of victims without their consent.

Is bullying the same as cyberbullying? What makes them different?

While bullying occurs as a face-to-face confrontation, cyberbullying occurs online and involves the use of technologies. Cyberbullying can be even more vicious than bullying since cyberbullying can occur repeatedly in front of a massive online audience, with the cyberbully's identity unknown, while the victim feels helpless because the attacks can come from several different online sources day in and day out.

Why do people cyberbully others?

People who cyberbully others are often driven by feelings of anger, revenge, and frustration. In many cases, cyberbullies were once victims of bullying who weren't guided in the proper direction. However, the power-hungry are the most nefarious; they cyberbully with the pure intent of tormenting others or bolstering their ego. Luckily, most cyberbullies do not fall into that category. In a recent poll, 81% of cyberbullies have stated that they cyberbully others because they think it's "funny". Many others don't cyberbully others on purpose. It occurs by accident and the "cyberbully" either sends a message to the wrong recipient or act impulsively without realizing the consequences, thinking it's not a big deal. Because their motives differ, the solutions and responses to each type of cyberbullying incident has to differ as well. Kids cyberbully primarily to replace the social skills that they were supposed to develop in grade school, middle school, and high school.

As children go through their developmental stages, they should be finding ways of working out problems with their peers and getting along with other people, which includes learning how to read social situations, make friends, and understand their social environment. Bullies however, use aggression, violence, and verbal abuse to supplant these skills. They don't have to learn how to work things out because they solve their problems through harassment and intimidation. Cyberbullies, in addition to using cruel methods, hide behind the anonymity of a computer or cell phone, and over time, bullying becomes a natural response to any situation where they feel socially awkward, insecure, frightened, or embarrassed.

Do cyberbullying victims and perpetrators fit any stereotypical profile?

Neither victims nor perpetrators fit into any stereotypical profile. The "good kids", the "quiet kids", as well as "troublesome kids" can be either bullies or victims. Due to the fact that online communication allows bullies to remain anonymous, people often become more emboldened and vicious in their attacks than they would be in a face-to-face encounter. Many cyberbullies have admitted that they wouldn't have made the same choices if their identities had been known.

How do people react to cyber bullying?

There are two types of reactions. People either react positively or negatively. Positive victim reaction involves blocking communication with the cyberbully, deleting messages without reading them, talking to a friend about the bullying, or reporting the problem to an internet service provider or website monitor. Negative victim reaction involves seeking revenge on the bully, avoiding friends and activities, and even cyberbullying others.

How do I respond and to cyberbullying?

In some scenarios, cyberbullying can be ignored if the case is an unthreatening act, a prank, or a mild tease. The bully may get bored waiting and moves on. Cyberbullies actually want you to respond to them so they can expose your response to their audience. Yet we strongly urge you to take preventive measures against cyberbullying, which can be done by restricting the people who can communicate with you. Restrict others from being able to freely add you to their buddy list. If someone seems aggressive or makes you uncomfortable and doesn't respond to verbal pleas or formal warnings, he or she should be blocked. You can even warn the sender by reporting the cyberbullying case to an Internet monitor service or a website monitor. In serious cases, you can report incidents to the police if someone threatens you physically. If you feel that you or someone you know is in danger, contact the police immediately and cut off contact with this person or user. Stay offline if you cannot avoid this person.

How can I prevent cyberbullying and stay cyber-safe?

You can refuse to pass along cyberbullying messages. Tell friends to stop cyberbullying, block communication with cyberbullies, and report cyberbullying to a trusted adult. To stay cyber-safe, never post or share your personal information online or your friends' personal information (this includes your full name, address, telephone number,

school name, parents' names or credit card number). Never share your Internet passwords with anyone and never meet face-to-face with someone you only met online.

If a parent suspects their child is a cyberbully, what should they do?

The parent can start by teaching the child about social responsibility. Have the child imagine the situation in reverse. Cyberbullying can spiral to a massive level, even though cyberbullies may have just sent a post or text that initially started off as a joke. It is also important to teach this same lesson to cyberbullying victims, because many victims in turn can become cyber bullies themselves.



MORE INFORMATION

Check out the following resources to learn more about preventing cyberbullying:

Cyberbullying.us provides cyberbullying research, stories, cases, downloads, fact sheets, tips and strategies, news headlines, a blog, and a number of other helpful resources on their comprehensive public service website.

www.stopcyberbullying.org has a fun quiz to rate your online behavior, information about why some people cyberbully, and how to stop yourself from cyberbullying.

www.wiredsafety.com provides information about what to do if you are cyberbullied.

www.stopbullyingnow.com has information about what you can do to stop bullying.

