

Media Literacy in the Digitalised Era: Supporting Teachers through a Whole-School Approach

Module 4: E-Safety

Developed by: N.C.S.R. “Demokritos”

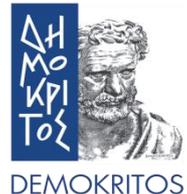
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UNIVERSITY OF
WOLVERHAMPTON



Module 4: E-Safety

DESCRIPTION

This module aims to introduce teachers to a range of scenarios and ways to stay safe online. Issues like risks and responsibilities online, protecting personal data, online disinformation and harmful content, digital copyright, and cyberbullying effective and ineffective practice will be discussed.



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Module 4: E-Safety

LIST OF TOPICS

TOPIC 1 RISKS AND RESPONSIBILITIES ONLINE

TOPIC 2 PROTECTING PERSONAL DATA

TOPIC 3 DIGITAL COPYRIGHTS

TOPIC 4 ONLINE DISINFORMATION AND HARMFUL CONTENT

TOPIC 5 CYBERBULLYING



Module 4: E-Safety

SYLLABUS

Topic 1: Risks and responsibilities online

- Potential threats to hardware and software
- Threats to Data and Information
- Ways of reporting Internet scammers
- Online rights and responsibilities

Topic 2: Protecting personal data

- Create and Keep Strong Passwords
- Importance of Updated Antimalware Software and Operating System
- Vulnerability of Mobile Devices and Ways to Keep them Secure
- Malicious Emails
- Ways of Protecting Personal Data on Social Networking Sites

Topic 3: Digital Copyrights

- Discuss new legal policy developments in copyright law and understand how copyright law has adapted to the digital age.
- Understand how to protect digital content created and published by you or your students
- Understand plagiarism and how it can be avoided in the age of information overload where the content can be used and reused in a variety of ways by countless sources
- Explore series of open access sources and understand what and when can digital content be used and reused for educational purposes
- Work in groups to produce a digital copyright short, easy-to-read manual for their schools



Module 4: E-Safety

SYLLABUS

Topic 4: Online misinformation and harmful content

- The difference between a genuine and a copycat website
- Evaluate and report fake websites
- The concept of ‘fake news’ and how to evaluate and identify them
- Why it is important to report fake websites and their detrimental impact on democracy, society and individuals

Topic 5: Cyberbullying

- What cyberbullying is and why it is important
- Different forms of cyberbullying
- Identify students who are victims of cyberbullying in a variety of ways
- Actions that will help students who are victims of cyberbullying
- The importance of having a cyberbullying intervention and prevention strategy in schools



Topic 5: Cyberbullying

BRIEF DESCRIPTION AND SUB-TOPICS

This topic will raise awareness about cyberbullying and introduce teachers to a range of procedures to identify and help both students at risk and students who have been victims of cyberbullying.

The following will be discussed:

- What cyberbullying is and why it is important
- Different forms of cyberbullying
- Identify students who are victims of cyberbullying in a variety of ways
- Actions that will help students who are victims of cyberbullying
- The importance of having a cyberbullying intervention and prevention strategy in schools



Topic 5: Cyberbullying

DEFINITION AND IMPORTANCE OF CYBERBULLYING

Cyberbullying is bullying that takes place over digital-communication tools (e.g. Internet, smartphones, etc.) to make another person feel angry, sad, or scared.

Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

Cyberbullying can include sending, posting, or sharing negative, harmful, humiliating, embarrassing, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.

Some cyberbullying crosses the line into unlawful or criminal behavior.



Topic 5: Cyberbullying

DIFFERENT FORMS OF CYBERBULLYING

Encouraging self-harm

- Some cyberbullies threaten to hurt their victims or convince them to hurt themselves.
- It can be the worst type of cyberbullying, because it can lead to victims committing suicide.

Denigration

- Spreading harmful, untrue, or damaging rumours and statements online that will damage an individual's reputation.
- Usually these attacks are personal and instigate anger in the victim, making them lash out and behave badly.

Flaming

- Fighting that involves sending angry, cruel, rude, and vulgar messages to one individual or several individuals in a private or public online setting.

Happy Slapping

- Attacking an individual physically as a "prank" or "joke" while others film the attack or take pictures to be distributed/posted online.



Topic 5: Cyberbullying

DIFFERENT FORMS OF CYBERBULLYING

Harassment

- Sending an ongoing series of hurtful, insulting online messages targeted an individual.

Impersonation/Frapping

- Pretending and posing as someone else, then sending or posting material online with the intent to damage an individual's reputation.

Outing

- Sending or posting material online about a person that contains sensitive, private, or embarrassing information.

Trickery

- Engaging in deception to acquire embarrassing material that is then made public online.
- The person pretends to be a close friend and confidant, and gives the victim a false sense of security before breaking his or her trust.



Topic 5: Cyberbullying

DIFFERENT FORMS OF CYBERBULLYING

Sockpuppets

- The creator of a fake account gains their victim's trust by pretending to be someone they're not. When their victim divulges private information, the puppeteer shares that personal information with others who may bully the victim.

Catfishing

- Setting up a fake online profile, with the purpose of luring the victim into a deceptive online romance.

Doxing

- It occurs when a cyberbully harasses and threatens a victim online for revenge and to destroy their victim's privacy.
- Doxing shares private information (e.g. Social Security numbers, credit cards, phone numbers, and other personal data) with the public.

Exclusion

- Excluding a person on purpose from an online group. This is considered an indirect form of cyberbullying.



Topic 5: Cyberbullying

IDENTIFY THE VICTIMS OF CYBERBULLYING

Children and teenagers might not open up about their cyberbullying experience, but you should look out for changes in behavior. Some signs to identify if a person is a victim of cyberbullying are the following:

Depression

- When the person becomes withdrawn or seems depressed and sad, loses his/her interest in people or activities he/she used to enjoy or sleeps in when he/she usually didn't.

Avoidance of social situations

- When he/she avoids social situations or friends whom they enjoyed spending time with in the past or spend a lot of time alone.

Changed frequency of device use

- When he/she is suddenly always on his/her cellphone, on social media or texting. A sudden decrease in device use could also be a warning sign.

Secrecy

- When he/she hides his/her device whenever you're around, he/she could be hiding the possibility that he/she is being bullied online.



Topic 5: Cyberbullying

IDENTIFY THE VICTIMS OF CYBERBULLYING

Heightened emotions

- If the suspected victim seems to get upset or angry when they're online or crying, it might be a warning sign that they are cyberbullied.
- While laughing isn't a bad thing, it might be if they're the ones doing or witnessing the cyberbullying.

Suspicious social media account activity

- If the suspected victim suddenly deletes his/her social media accounts, it might be a warning sign that they are cyberbullied.
- If the suspected aggressor seems to have multiple accounts, it might be a warning sign that he/she is bullying someone.

Suspicious photos

- If you see images of the suspected victim on social media that are demeaning and inappropriate, it might be a warning sign that they are cyberbullied.

Hurtful comments

- If you find mean comments harassing or embarrassing someone on his/her social media accounts it is a warning sign that they are cyberbullied.



Topic 5: Cyberbullying

HOW TO HELP A VICTIM OF CYBERBULLYING

- If someone is a victim of cyberbullying, the first thing to do is to express your support and let him/her know that he/she doesn't deserve what is happening and that together you will work to stop the bullying.
- Always encourage the victim to talk to you, but respect his/her decision to resolve the situation alone if he/she wishes.
- If you notice a student being bullied, you can document the situation by taking screenshots of posts, texts, emails, messages and photos that contain bullying. Once you have proof, reach out to the school's principal and the student's parents.
- You can also collaborate with a technology provider to see if they are able to block the harassing content. Most sites that allow interactive communication have included in their terms of use agreement actions for restricting harmful communication.



Topic 5: Cyberbullying

IMPORTANCE OF CYBERBULLYING INTERVENTION AND PREVENTION STRATEGY IN SCHOOLS

Programs to prevent and intervene in cyberbullying are crucial and needed. The negative outcomes can be grouped into four categories (psychological, physical, social, and academic).

- In terms of the negative impact on psychological well-being, cyberbullying has been found to be related to depression, anxiety, stress, emotional problems, low self-esteem, and suicidal thoughts.
- Adolescents who have been cybervictimised also report poor physical health.
- Both cybervictims and cyber bullies have been found to experience social difficulties in their relationships.
- Cyberbullying has also been found to have a negative effect on academic performance

Due to the worldwide prevalence and the negative outcomes of cyberbullying, it is suggested to adopt prevention and intervention methods to keep children and adolescents from engaging in cyberbullying and strategies to help cybervictims cope with the negative impacts of cyberbullying.



Topic 5: Cyberbullying

IMPORTANCE OF CYBERBULLYING INTERVENTION AND PREVENTION STRATEGY IN SCHOOLS

Some intervention strategies are listed below:

- If you think a student is being cyberbullied, speak to them privately to ask about it. Provide him/her with support and reassurance.
- Help the student keep relevant proof of cyberbullying on their digital devices.
- Inform the student what actions he/she can take for making sure cyberbullying does not happen again. This can include changing passwords, contact details, blocking profiles on social networking sites or reporting abuse online.
- Ensure that the student does not retaliate or reply to the messages of cyberbullying.
- Encourage the student to keep personal information private on the internet.
- Take screenshots of posts, texts, emails, messages and photos that contain bullying, print copies to have as evidence if needed.
- If you believe a student is being cyberbullied, speak to his/her parents about it.
- If the parent of the perpetrator is unresponsive and the behavior continues, seek advice from your managers on what to do next.



Topic 5: Cyberbullying

IMPORTANCE OF CYBERBULLYING INTERVENTION AND PREVENTION STRATEGY IN SCHOOLS

Prevention strategies that have been adopted include:

- Raise awareness about the effects of cyberbullying so that students understand the implications this has on others and avoid doing it. Those who bully need to understand the impact of their actions, and they can often benefit from counseling.
- Find the right response to cyberbullying, not by punishing the bully, but rather listen to the students and let the target be part of the solution. Often, restorative justice techniques — where students talk with each other to understand the impact of the incident — are effective.
- Develop activities that encourage self-reflection, asking children to identify and express what they think and feel, and to consider the thoughts and feelings of others. Help children develop emotional intelligence so that they can learn self-awareness and self-regulation skills and learn how to have empathy for others.
- Demonstrate that your classroom is a safe, emotionally caring environment of mutual respect and tolerance.



Topic 1: Risks and responsibilities online

SUMMARY

In this topic teachers were introduced to cyberbullying and to a range of procedures to identify and help both students at risk and students who have been victims of cyberbullying.

A few things to remember:

- Cyberbullying is bullying that takes place over digital-communication tools (e.g. Internet, smartphones, etc.) to make another person feel angry, sad, or scared.
- Children and teenagers might not open up about their cyberbullying experience, but you should look out for changes in behavior.
- If someone is a victim of cyberbullying, the first thing to do is to express your support and let him/her know that he/she doesn't deserve what is happening and that together you will work to stop the bullying.
- Always encourage the victim to talk to you, but respect his/her decision to resolve the situation alone if he/she wishes.
- Raise awareness about the effects of cyberbullying so that students understand the implications this has on others and avoid doing it. Those who bully need to understand the impact of their actions, and they can often benefit from counseling.

Have any questions?



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Topic 5: Cyberbullying

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GLOSSARY

Term	Definition
Cyberbullying	The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.

