

## MODULE 5

# LOOKING FOR SOLUTIONS



**PR.I.S.C.I.LLA**  
Preventing Incident of Sexual Cyberbullying  
in Intellectual disability



## **This module consists of 2 parts:**

1. A practical approach with different indications in case of bullying
1. Raising awareness about the importance of safe network environment



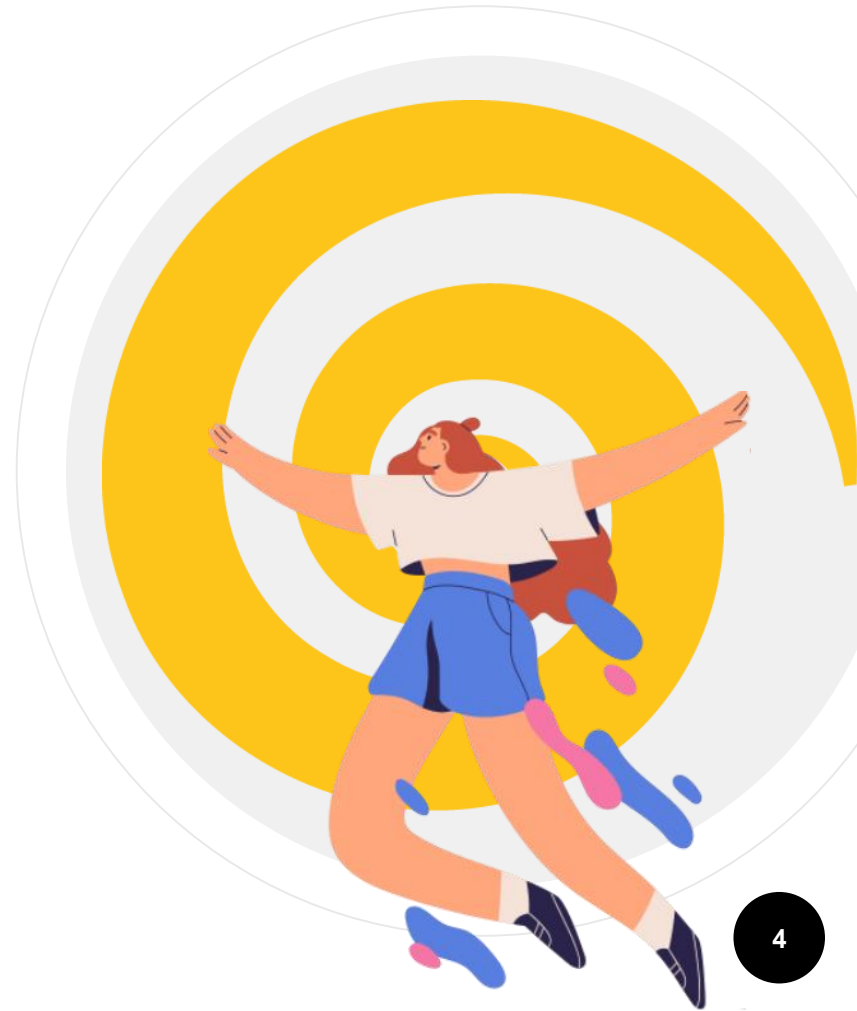
## Learning outcomes of the module:

- Be able to recognize and handle a bullying situation
- Know how to implement a step-by-step procedure to react to bullying situations
- Create a safe network of trustful people to protect you in case of bullying



## Educational principles adopted

- Sense of control
- Promotion of independence



## **Contents of the module:**

5.1 INTRODUCTION

5.2 STEPS TO TAKE IF SOMETHING GOES WRONG

5.3 BUILDING A SAFE NETWORK



Negative  
emotions

Strange requests



Insults/threats

Spreading  
rumors

Humility

## 5.1 INTRODUCTION

This introductory part relates about the usefulness of Internet, but also how dangerous social media could be. At the same time, it helps you to recognize a bullying situation or sexual harassment.

False  
information

## 5.2 STEPS TO TAKE IF SOMETHING GOES WRONG



1. IGNORE THE BULLY – this way they may feel bored/unsatisfied
1. TELL THE BULLY TO STOP – be clear and firm about the uncomfortable you are in, but not in a rude way.
1. BLOCK THE BULLY’S ACCOUNTS – in case they won’t stop, blocking them will reduce the possibilities of other bullying episodes.
1. SAVE THE EVIDENCES – screenshots of their messages as a proof if you’re going to report it to public authorities.
1. REPORT THE INCIDENT – making stop these episodes, the easiest and quickest solution is to report them.

## 5.3 BUILDING A SAFE NETWORK

The key is to reach out to those you trust, as they can provide emotional support and guide you through the process of addressing the bullying, ensuring you're not alone.

When experiencing cyberbullying, it's crucial to talk about it. There are many people around you whom you can trust:

- Parents
- Siblings
- Grandparents
- Teachers
- Close friends
- Local organisations and professionals you know, such as social workers, psychologists, policemen



# LOCAL ORGANISATIONS AND HELPLINES YOU CAN CONTACT IN CASE OF BULLYING

In Romania:

- Child's Phone: 116111, [www.116111.ro](http://www.116111.ro)
- DepreHUB: 0374456420; [deprehub.ro](http://deprehub.ro)



- ✓ <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>
- ✓ <https://www.nsw.gov.au/education-and-training/digital-citizenship/parents-and-carers/managing-cyberbullying>
- ✓ <https://ed.buffalo.edu/content/dam/ed/alberty/docs/Cyberbullying-Checklist.pdf>



# Activity 1 – Cyberbullying Quiz

**Objective:** the problems related to cyberbullying and the possible ways to solve a cyberbullying episode.

**Learning Methodologies:** open discussion and constructive thinking

**Time allocated:** 35 minutes, of which 15 minutes for conducting the activity and 20 minutes for sharing and debriefing



## Activity instructions

- the division of youths in groups of 3-5 people
- each team receives one sheet with the Quiz
- 15 minutes to read and answer the Quiz
- 20 minutes to present their answers, to discuss and share insights with each other



# Questions

Cyberbullying is also known as:

- a) The way someone becomes your friend
- b) Violence
- c) Online stalking
- d) An efficient and funny activity among teenagers

Cyberbullying and sexual harassment is not such a bad thing because it's easy to forget:

- a) True
- b) False

How can you solve a cyberbullying episode?

- a) Communication with family members/professionals/local authorities
- b) By not telling anyone what's going on because you think it will make it worse
- c) learning about the laws that punish these online harassments

## Activity 2 – Case study

**Objective:** establish a critical thinking analysis about cyberbullying, the problems related to it and the possible solutions

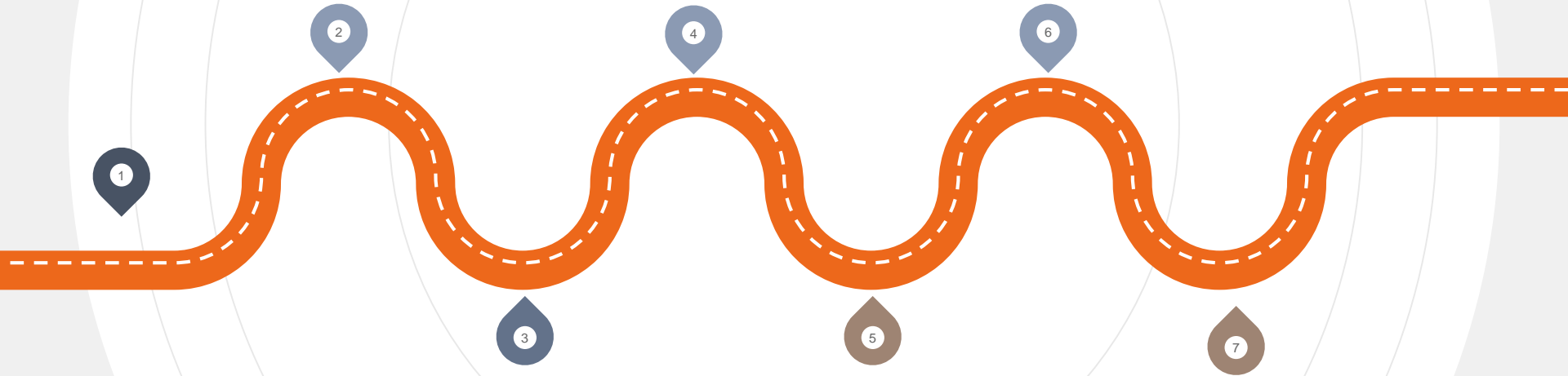
**Learning Methodologies:** critical thinking, text analysis, images analysis

**Time allocated:** 20 minutes for conducting the first part of the activity, 15 minutes for conducting the second part of the activity and 20 minutes for sharing and debriefing (a total of 55 minutes)



# Activity instructions

- The division of youths in groups of 3-5 people
- Each group receives one sheet with the case study (text and images)
- For part I - 20 minutes to read and answer the questions
- For part II – 15 minutes to analyze the images and answer the questions
- 20 minutes to present their answers and to discuss conclusions with the other participants

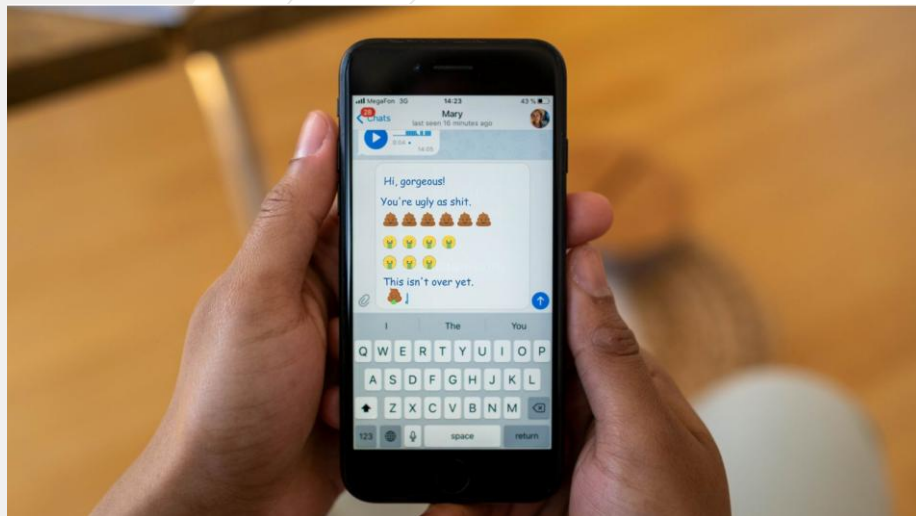


# Text of the Case Study

*"In Romania there are more than 1500 hearing impaired children registered in the state education system, and the research, which took place between October and November 2012, targeted a sample of 400 hearing impaired students from the 15 special education institutions in the country. The study revealed the following:*

- 1. Nearly half of hearing-impaired children (48%) access the internet every day, and another 39% at least once a week.*
  - 2. The majority (98%) say they have a personal profile on a social networking site, with Facebook (92%) and Google+ (67%) being the main networks used. Two out of five children (44%) make their personal profile public, making it accessible to anyone with an internet connection*
  - 3. 4% of survey participants say that they have been offended/harassed online and 48% identify cyberbullying as the main way in which they have been harmed. Online chat and gaming sites are the most common contexts for harassment*
  - 4. More than half (51%) of the survey participants who had been offended/ offended on the Internet did not report what had happened to them to the authorities or to people close to them.*
  - 5. 70% of children say they have looked for new friends on the Internet in the past year, and one in five (22%) say they have met a complete stranger face-to-face on the Internet. Among the latter, 7% say they have been sexually abused following the encounter.*
- "The results of the Study on Internet Use among Students with Hearing Impairment speak for themselves about their vulnerability and, at the same time, about the importance of information and education among children, teachers and families in order to prevent bullying of minors. Cyber-bullying does not only happen to people in the media, but it also happens to children with hearing impairments, and in their case, it is all the more dangerous not only from an emotional point of view but also because of the serious consequences they are exposed to while using the Internet or in face-to-face meetings with people they meet online", said Amalia Fodor - Executive Director, Orange Foundation."*





# QUESTIONS

## PART 1:

- On the basis of the text you've read, which are the advantages of the Internet and social media?
- Which are the disadvantages?
- What could we do to prevent or avoid such disadvantages?

## PART 2

- What do the two images below show?
- Do you think the two situations showed in the images are an example of cyberbullying?
- How do you think the people in the images are feeling?
- What could they do to improve the situations they face?

**ASSOC**



**ThankYOU**



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