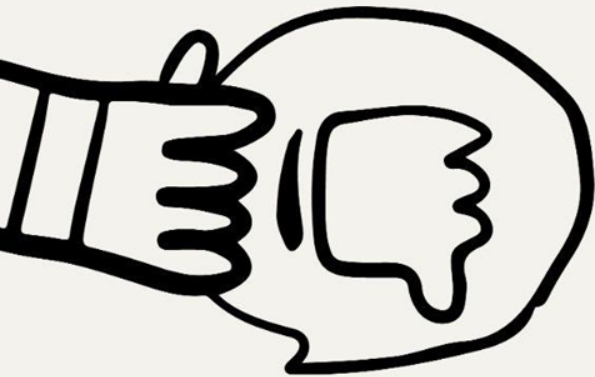
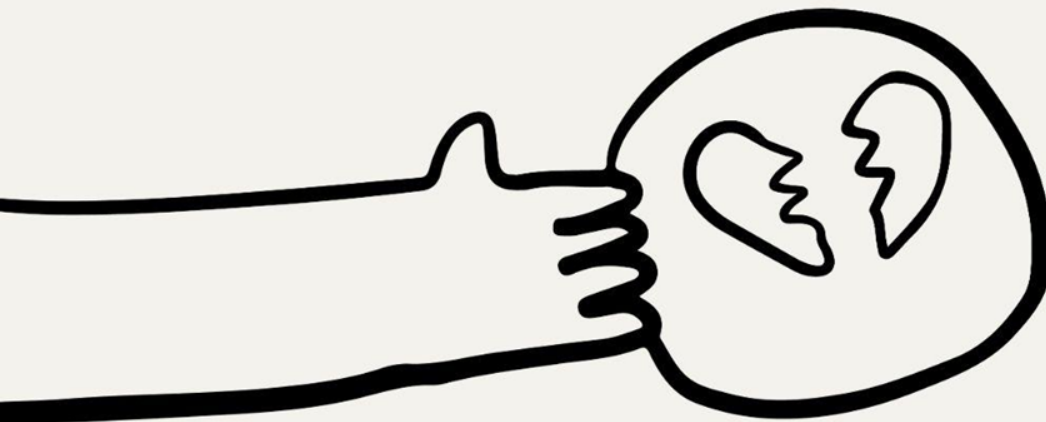


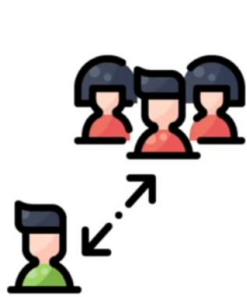
We are learning  
to/about...




1. What we can do when we witness cyberbullying



# Impacts of Cyberbullying



## Isolation

You may not want to play with others 



## Absenteeism

You may be afraid to leave home because everyone in school might know about the cyberbullying incident.

A → F

## Drop in grades

You may not be able to pay attention during lessons which may lead to poor exam grades.



## Revenge

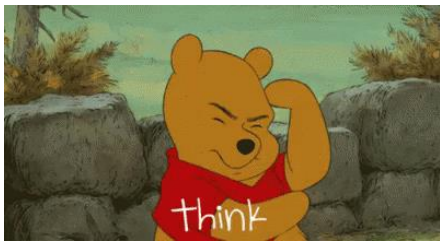
You may think that taking revenge will be the right way to teach the bully a lesson; taking revenge is not right!



## Sleeplessness

You may not be able to sleep because you are upset and worried about the next wave of cyberbullying.





# What you can do to protect yourself

1



Stop responding



Children's  
SOCIETY

3



Save a copy of the message



Children's  
SOCIETY

2



Block the cyberbully



Children's  
SOCIETY

4



Tell a trusted adult



Children's  
SOCIETY



## What you can do to help others

### What should I do if I witness a cyberbullying incident?

1. Ask the bully to stop
2. Provide support to the victim
3. Report to a trusted adult when necessary

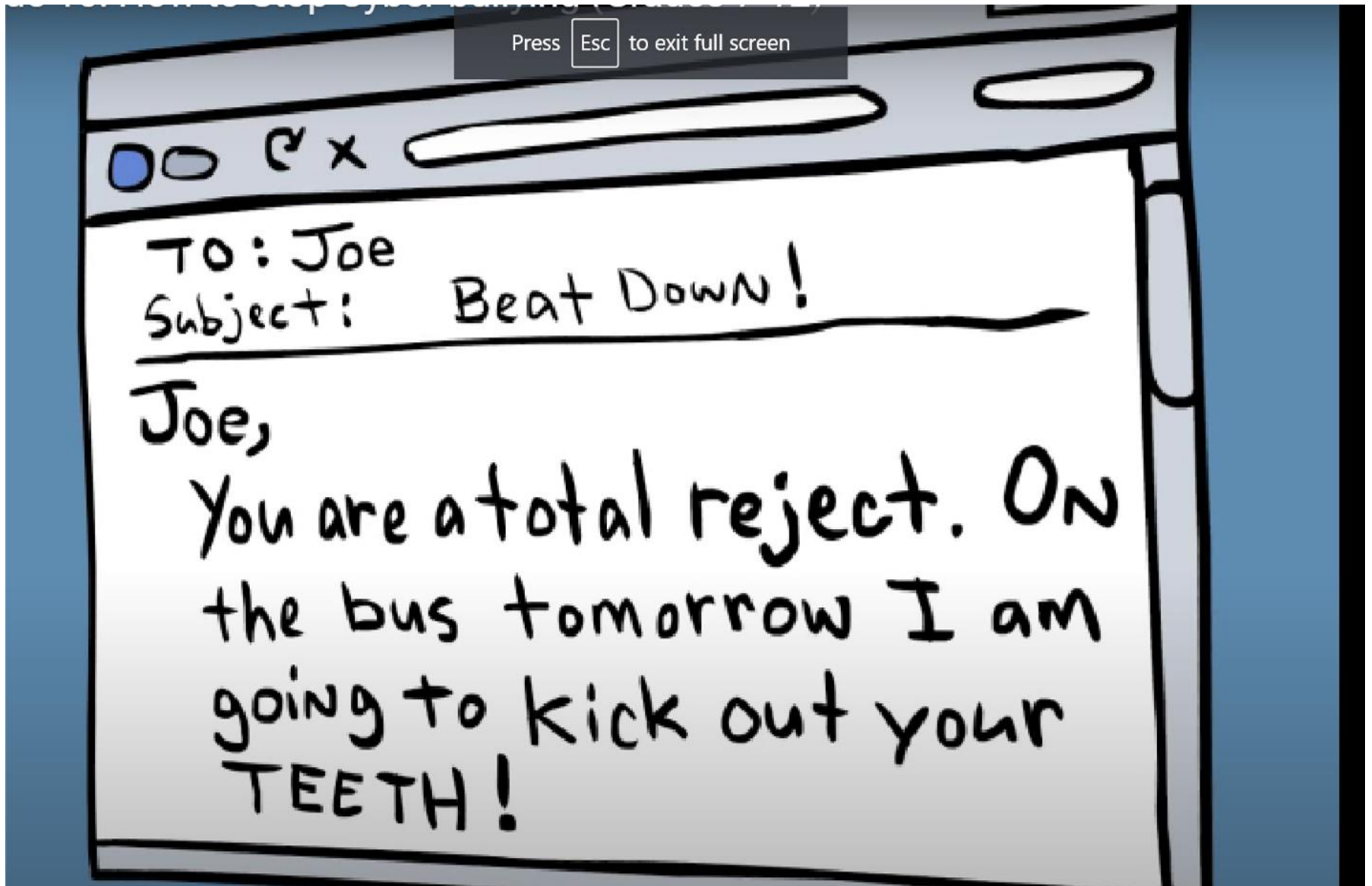


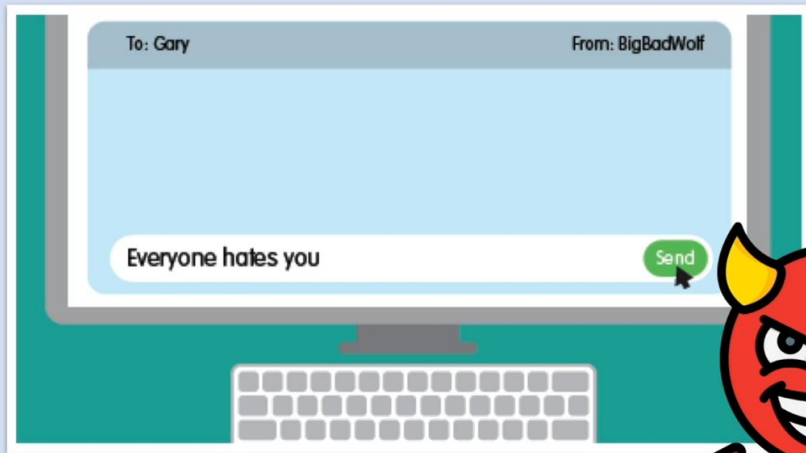
## Example: Case study

<https://www.youtube.com/watch?v=WegCMoQ-UNs>



What is wrong with what Bill has sent?





Send hurtful things online

What Bill has sent is considered cyberbullying - sending hurtful things online.

In the story, it has also led to Joe being worried about the next wave of cyberbullying because Bill threatened to physically harm Bill.

## Impacts of Cyberbullying

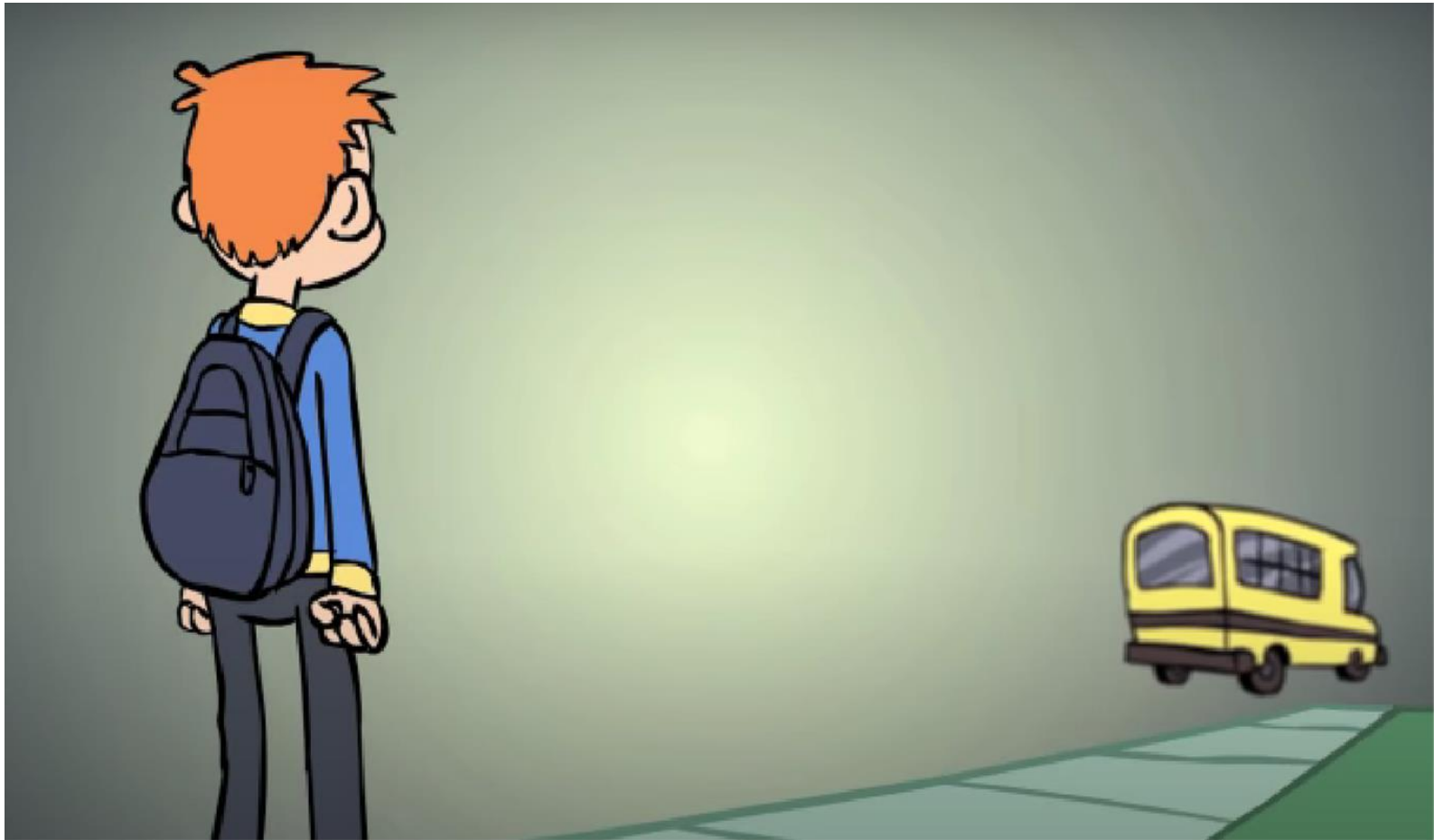


### Sleeplessness

You may not be able to sleep because you are upset and worried about the next wave of cyberbullying.



Joe walked home instead of taking the school bus  
because he was afraid





What do you think you can do if you were Joe?



# You can and should protect yourself with these 4 simple steps

1



**Stop** responding



3



**Save** a copy of the message



2



**Block** the cyberbully



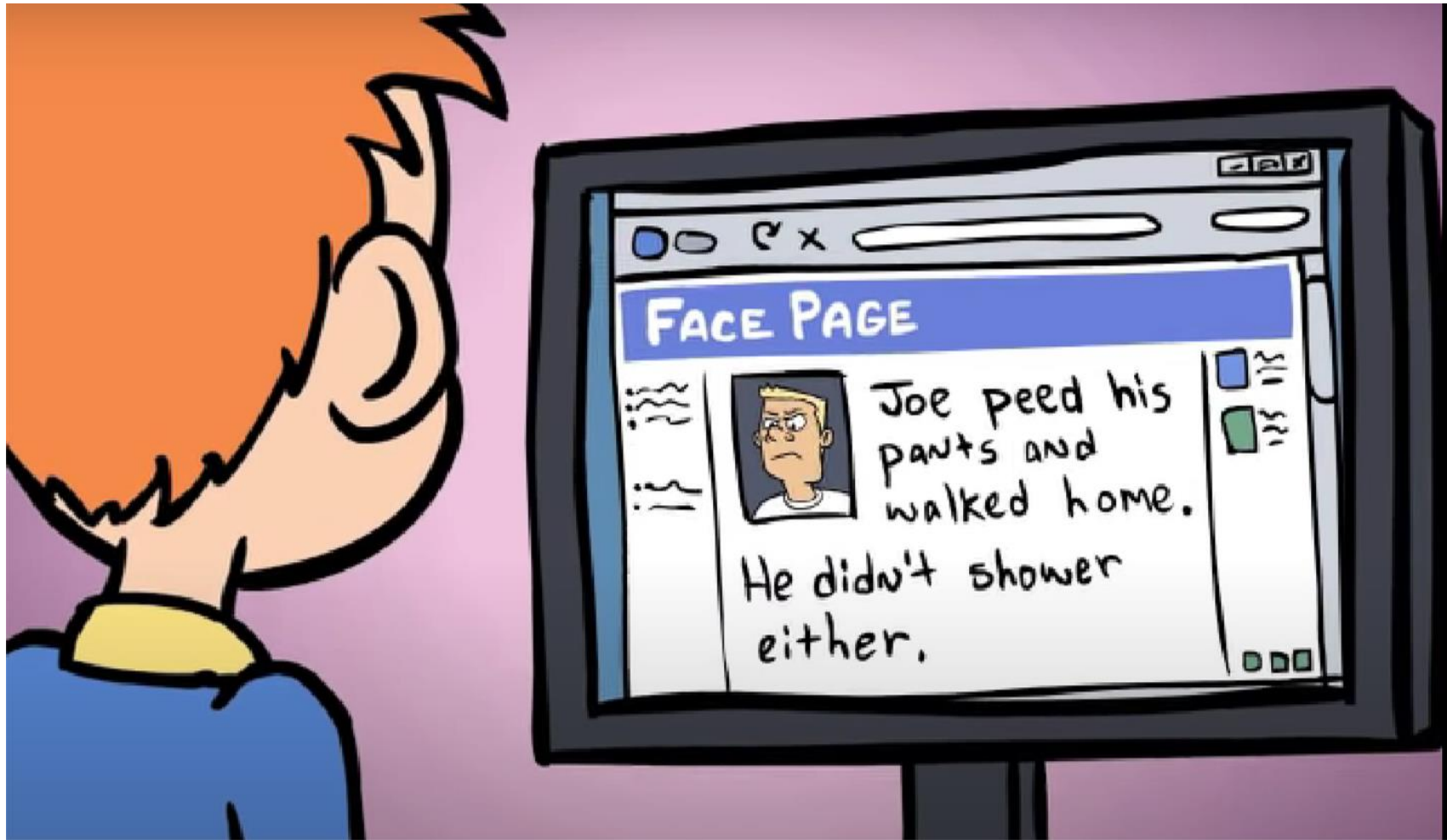
4



**Tell** a trusted adult



What can you do if you were Joe's friend and you see this on social media?



# What should I do if I witness a cyberbullying incident?

1. Ask the bully to stop
2. Provide support to the victim
3. Report to a trusted adult when necessary



Watch the video to see how Joe handles the situation



# Conclusion

1. Know what “cyberbullying” means and do not be a cyberbully!
2. 4 steps to do if you are the target of cyberbullying
  - a. Stop, Save, Block, Tell
3. 3 things you can do to help your friend if he/she is the target of cyberbullying
  - a. Ask the bully to stop
  - b. Provide support to the victim
  - c. Report to a trusted adult

