

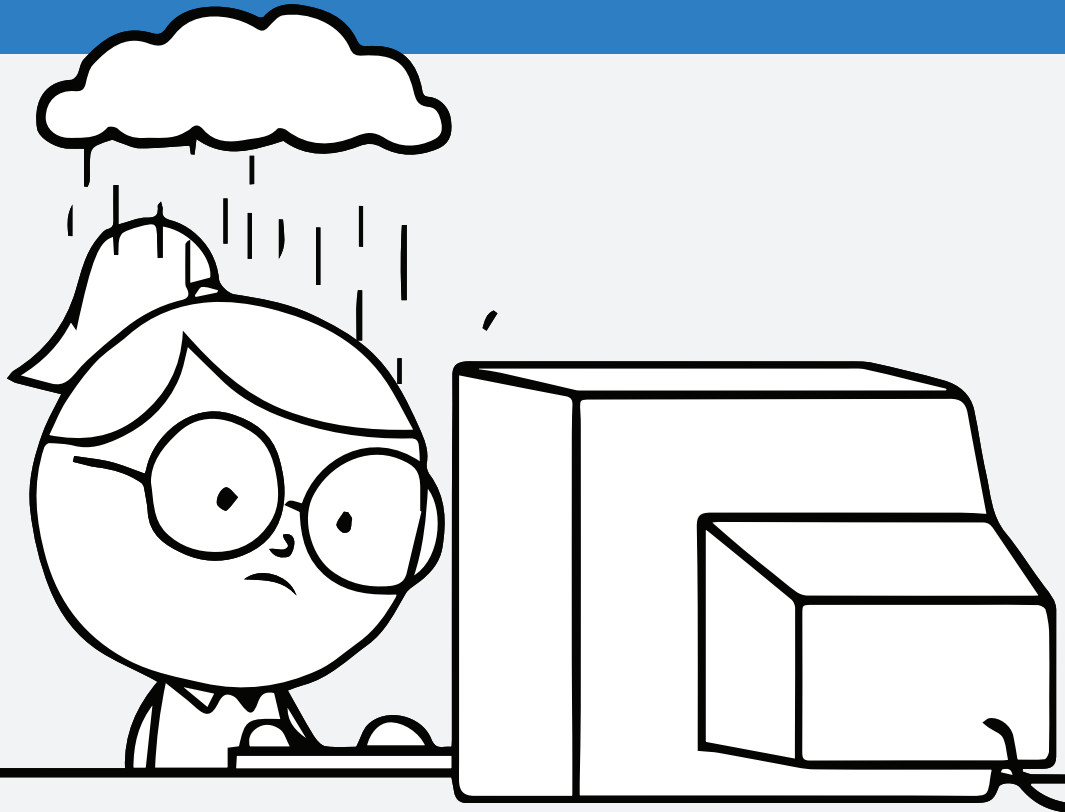
# What is cyberbullying?

Ages 16+



THE CYBERSMILE FOUNDATION

# What is cyberbullying?



## OBJECTIVE

To learn the meaning of “cyberbullying.”

## OUTCOME

To remember what the meaning of cyberbullying is and to be able to tell someone what cyberbullying is.

# CYBER

Anything related to computers,  
phones or the internet.

# CYBERBULLYING

When someone bullies you on the computer, phone or on the internet.

# How important is it to know about cyberbullying?

Not important

A bit important

Quite important

Very important

15 MINS

16+ YRS

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To be able to tell someone what cyberbullying is.

## INSTRUCTIONS

1. Before introducing the exercise, ask each person what they use their phones or the internet for.
2. Ask if it ever led to a bad experience for them.
3. Introduce the exercise to everyone, and present the objective and outcomes.
4. Ask everybody to raise their hands if they have heard of the term “cyberbullying” to get an idea of how many are aware of the concept.
5. Ask each person to write down a definition of what they think cyberbullying is. Ensure you say it does not matter if they are wrong, but that they try.
6. If there is more than one person, get them to compare their definitions with each other to decide on one to agree with (they can also merge their definitions together).
7. Encourage the class to read their definitions aloud.
8. Present everyone with the following definition of cyberbullying:
  - “The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.”
9. Ask everyone if they know anything else about cyberbullying.
10. Ask the class if they would like to share any experiences of cyberbullying and how it made them feel (be sensitive about any concerns or discomfort they may have talking about this).
11. End the exercise by covering up the definition of “cyberbullying” (if presenting it using a computer) and ask each person to write down the definition off-by-heart, and add any other information they want to the definition. Check each one to see if they have remembered it correctly. Tell them to not worry if they cannot remember it exactly word-for-word, but to try their best.

## NOTES

- If anyone is unsure about what “cyber” means, present them with the following definition: “Anything related to the internet or phones.”