

# Cyberbullying

## Textbook

# Cyberbullying



When someone misuses computers or phones to cause problems for another person, it's called **cyberbullying**. This can happen on websites, in text messages, or in online games. We need to know what this looks like, how to protect our digital space, and how to follow online rules.

Cyberbullying is when a person uses online tools to cause a problem for another user. This can be sending bad messages, sharing someone's private information, or blocking someone from online groups on purpose. Unlike problems in person, cyberbullying can follow you across different online platforms.

## What Cyberbullying Looks Like

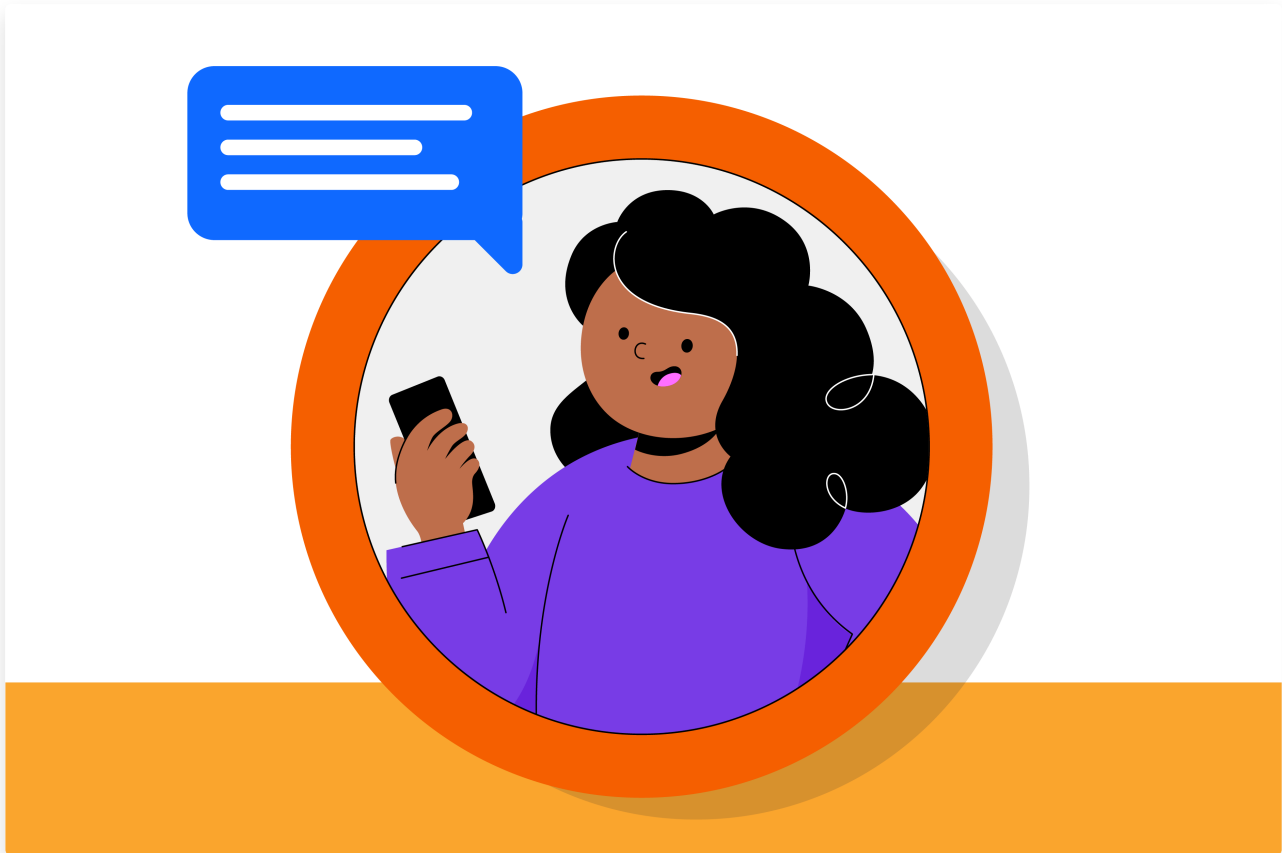
- **Sending unwanted messages:** Sending messages that a person does not want to receive.
- **Spreading false data:** Posting wrong information about someone online.
- **Sharing private data:** Posting pictures or videos of someone without their permission.
- **Restricting access:** Not allowing a user to be part of an online group or activity.

# What Happens When Cyberbullying Occurs

Online actions can have real-world problems.

- **Platform Violations:** Cyberbullying can cause a user to be removed from a platform.
- **Data and Legal Problems:** If cyberbullying is very bad, it can be against the law. For example, posting threats or sharing private pictures without permission can cause big problems with adults.

## Steps to Take with Cyberbullying



If you see or are part of cyberbullying, here are some steps you can take:

- **Report to an adult:** Talk to a school adult like a teacher or counselor. They can help you with the next steps.
- **Block communication:** Use your device settings to stop messages from the person. This will block their data from reaching you.
- **Follow online rules:** Just like in a classroom, follow the rules online. Before you post something, think: "Does this follow the rules?" If it doesn't, do not post it!

## Online Rules for Everyone

Today, we use computers and phones to work and learn together. We follow rules to make sure everything works well.

- **Good Communication:** Use clear words when you talk online. Make sure you understand what others say and that they understand you.
- **Working with Others:** When you work on a project with other users, do not change their work without asking first.

- **Video Call Rules:** Be on time for video calls. Make sure your camera and microphone are set up correctly. Turn off your microphone when you are not talking.
- **Stay Safe Online:** Be careful about sharing private information online. Only use safe websites and apps.

By following online rules and reporting bad actions, we can make the internet work well for everyone!

## Critical Thinking Questions

1. What can happen if someone posts bad information about another person online?
2. How can we use online rules to make sure the internet works better and is safer for everyone?

## Questions (5)

### 1. What is cyberbullying?

MULTIPLE CHOICE

Choose the correct answer:

- A. Creating online groups to share information with others.
- B. Using the internet or digital devices to harm, threaten, or harass another person.
- C. Sharing digital content with a friend.
- D. Communicating with a group of people in an online game.

### 2. Which of the following is an example of cyberbullying?

MULTIPLE CHOICE

Choose the correct answer:

- A. Sharing a humorous image with peers.
- B. Transmitting a message with positive content to another person.
- C. Posting harmful content about an individual on a digital platform.
- D. Assisting another person with academic work in an online environment.

### 3. What should you do if you are being cyberbullied

MULTIPLE CHOICE

Choose the correct answer:

- A. Contact a responsible adult, such as a parent, teacher, or school administrator.
- B. Remove all digital accounts.
- C. Keep the information to yourself and do not inform anyone.
- D. Send harmful messages back.

**4. True or False: Sharing private information online, like secrets or pictures without permission, can put you at risk.**

MULTIPLE CHOICE

**Choose the correct answer:**

- A. True
- B. False

**5. True or False: Using the block button can stop a person from sending you more messages or posting things about you.**

MULTIPLE CHOICE

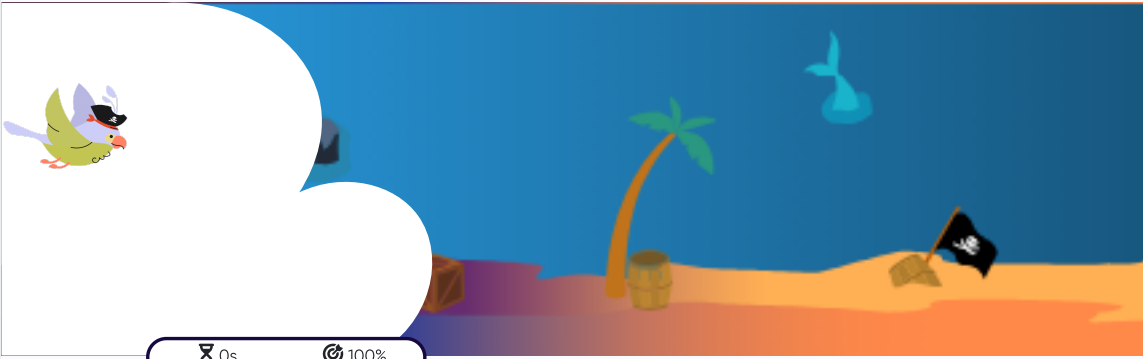
**Choose the correct answer:**

- A. True
- B. False

## Games (1)

### 1. Cyberbullying Typing Game

Full Screen Audio Instructions Restart Pause



The game interface features a colorful background with a blue sky, a yellow sun, a palm tree, and a pirate ship. A large white speech bubble on the left contains a cartoon bird wearing a pirate hat. Below the speech bubble, a progress bar shows a timer at 0s and a completion percentage at 100%.

Cyberbullying looks like s

## Answer Keys & Solutions

### Questions

#### 1. What is cyberbullying?

MULTIPLE CHOICE

**Correct Answer:**

- A. Creating online groups to share information with others. ✗ Incorrect
- B. Using the internet or digital devices to harm, threaten, or harass another person. ✓ Correct
- C. Sharing digital content with a friend. ✗ Incorrect
- D. Communicating with a group of people in an online game. ✗ Incorrect

#### **Explanation:**

Consider actions that are harmful to others online.

#### 2. Which of the following is an example of cyberbullying?

MULTIPLE CHOICE

**Correct Answer:**

- A. Sharing a humorous image with peers. ✗ Incorrect
- B. Transmitting a message with positive content to another person. ✗ Incorrect
- C. Posting harmful content about an individual on a digital platform. ✓ Correct
- D. Assisting another person with academic work in an online environment. ✗ Incorrect

#### **Explanation:**

Consider actions that violate online community standards.

#### 3. What should you do if you are being cyberbullied

MULTIPLE CHOICE

**Correct Answer:**

- A. Contact a responsible adult, such as a parent, teacher, or school administrator. ✓ Correct

B. Remove all digital accounts.

✗ Incorrect

C. Keep the information to yourself and do not inform anyone.

✗ Incorrect

D. Send harmful messages back.

✗ Incorrect

#### Explanation:

Who should you contact for help when you are dealing with harmful online behavior?

### 4. True or False: Sharing private information online, like secrets or pictures without permission, can put you at risk.

MULTIPLE CHOICE

#### Correct Answer:

A. True

✓ Correct

B. False

✗ Incorrect

#### Explanation:

Think about what could happen to information you share.

### 5. True or False: Using the block button can stop a person from sending you more messages or posting things about you.

MULTIPLE CHOICE

#### Correct Answer:

A. True

✓ Correct

B. False

✗ Incorrect

#### Explanation:

Think about what happens when you block someone on a digital device.

## Games

### 1. Cyberbullying Typing Game

*Typing game - no answer key needed. Students practice typing the provided content.*