

MODULE PARENTS

ACTIVITY 5 . PREVENTING CYBERBULLYING

- **TIME:** Periodically.
- **RESOURCES:** List of recommendations.
- **LANGUAGES:** ENG / SPA.

DESCRIPTION:

The use of mobile devices and the internet represent an endless source of information that we can use to our advantage, but they can also generate problems among young people such as cyberbullying. To prevent it, it is necessary to provide information and tools that promote the creation of a safe and trustworthy space.

OBJECTIVES:

This activity not only raises awareness among students about cyberbullying, but also empowers them to take active steps to prevent it in their digital environment.

LESSON OVERVIEW:

Start by explaining what cyberbullying is and why it's important to address it. Provide examples of cyberbullying behaviors and how they can affect the individuals involved. Finally, ask your children to write down on a piece of paper a specific action they commit to taking to prevent cyberbullying in their daily lives. These personal commitments can range from being kinder online to intervening when they witness cyberbullying behaviors.

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What is cyberbullying?



Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted. Examples include:



- spreading lies about or posting embarrassing photos or videos of someone on social media



- sending hurtful, abusive or threatening messages, images or videos via messaging platforms



- impersonating someone and sending mean messages to others on their behalf or through fake accounts.

Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.

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