

ABOUT CYBERBULLYING

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Escola Básica Dr. António Augusto Louro – Arrentela (Portugal)

Themes	Cyberbullying: « CYBERBULLYING – WHAT WOULD YOU DO? »
Age	12 – 14 years old
Duration	From October 20th to December 17th
Class size	Approximately 25 children/class
Type of activity	Reflexion about cyberbullying and creating videos to aware, prevent and present solutions to Cyberbullying: <ul style="list-style-type: none">• To analyse and prevent cyberbullying behaviours;• To understand the short- and long-term emotional consequences of cyberbullying;
Objectives	<ul style="list-style-type: none">• To train for negotiation and mediation;• To express assertive behaviours and condemn cyberbullying through films.
Preparation	<ul style="list-style-type: none">• Video exploration
Materials	<ul style="list-style-type: none">• Computer, mobile phones• Sheets, markers

Instructions

- 1. October 20th and 21st:** Announcement of the project (in the classroom and in Google Classroom): interdisciplinary project between Portuguese language, English language and ICT, combining new technologies with teaching-learning-assessment, following the models of hybrid education - delivering the work guide (annex 1).
- 2. November 2nd to 6th:** Brainstorming – Individually, the students have to identify words that describe Bullying and words that describe cyberbullying, in Portuguese and in English, using the «Mentimeter» app, in order to do a word cloud.

Mentimeter (bullying):

<https://www.menti.com/nvirgg4gn7>

<https://www.menti.com/66bg29tcug>

Mentimeter (cyberbullying):

<https://www.menti.com/qk83j468oj>

<https://www.menti.com/kvhchhr8bq>

3. **November 6th to 8th:** Awareness – Individually, the students, after seeing a video about cyberbullying experiences, have to identify the feeling they think a cyberbullying victim feels, using a Google Forms, in order to create another word cloud.

Videos:

<https://www.youtube.com/watch?v=-cAtiUvRa-l>

<https://www.youtube.com/watch?v=qA1TJjJgdz8>

Google Forms:

<https://docs.google.com/forms/d/e/1FAIpQLSexV-7Fqg1AYMUxJu9IJm9tKkKWUwvve3f33Q7Vti-jlizSBg/viewform>

https://docs.google.com/forms/d/e/1FAIpQLSeKI2vmXvbzpcXBCqKwnGCB_W2XClgodD8ysRqCO4HtOXp02g/viewform

WordArt:

<https://wordart.com/3xl83zakyf22/cyberbullying>

<https://wordart.com/ivlnsecm7ozt/word-art%202>

4. **November 8th to 14th:** In the classroom, the groups are created and each group decides the poster they are going to work with, using a Google Forms.

Google Forms:

https://docs.google.com/forms/d/e/1FAIpQLSdGq4blpx2j_wCHvUdlssT_Zz_wX97WpNbQSxnQLK7D6gb1A/viewform

5. **November 8th to 14th:** The research starts in workgroups and each workgroup has to describe, in 20 words, cyberbullying and write the definition in Portuguese and in English in a padlet named «Cyberbullying».

Padlet:

<https://padlet.com/telmasilva5/Cyberbullying>

6. **November 8th to 14th:** A link for a genially presentation is given to the class, so it can guide their research.

Genially:

<https://view.genial.ly/617bedab8cf77b0dd59d7bfb/presentation-cyberbullying>

<https://view.genial.ly/6182d52763aa1f0dcc5b2412/presentation-cyberbullying9be>

7. **November 8th to 14th:** After seeing some videos about cyberbullying, individually, students have to answer some questions in a Kahoot game, and then some solutions are presented to them by some organizations, through internet links.

Videos:

<https://www.youtube.com/watch?v=Zw2ODkqZrbM&t=34s>

<https://www.youtube.com/watch?v=ynRBxjblxn4>

<https://www.youtube.com/watch?v=oSAPix75aPc>

Kahoot:

https://kahoot.it/challenge/04570033?challenge-id=ebe37c72-8e6b-4bba-8ca4-76f5fb3eb688_1635613444385

PIN de jogo: 04570033

https://kahoot.it/challenge/05656677?challenge-id=ebe37c72-8e6b-4bba-8ca4-76f5fb3eb688_1635626280570

PIN de jogo: 05656677

https://kahoot.it/challenge/08434901?challenge-id=da76ee01-35d5-4625-90bb-3c6538d85c9e_1635551277677

Game PIN: 08434901

https://kahoot.it/challenge/03604302?challenge-id=da76ee01-35d5-4625-90bb-3c6538d85c9e_1635625173998

Game PIN: 03604302

Links:

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

<https://www.cgd.pt/Site/Saldo-Positivo/formacao-e-tecnologia/Pages/cyberbullying-ajudar-vitimas.aspx>

8. **November 17th to 26th:** Each workgroup works in the classroom and prepares a discussion about cyberbullying and ways to prevent and fight it, writing it in the Kialo platform and then presenting it in the classroom.

Kialo:

<https://www.kialo-edu.com/p/81e477fc-67dd-4fde-ab5c-015bf5788e70/64920>

Debate in Classroom:

<https://flipgrid.com/s/AqBDV6XJXCW9>

9. **November 22th to December 10th:** Videos creation. Meanwhile, students have to send some pictures to the teachers so that they can be able to follow the work that is being done.

Video with students works:

<https://drive.google.com/file/d/189jzV-z93nm7ANWc1myWTuA-Hs2-fugb/view?usp=sharing>

10. **December 10th to 17th:** Presentation of the final videos in the classroom and via Google Classroom:

- Self-assessment and hetero-assessment of students and teachers, with proposals for improvements;
- **February 2022:** Presentation to the Educational Community – to other classes, via the school portal.

Some videos of the students:

Cyberbullying – What would you do?

Student's videos:

<https://drive.google.com/file/d/1MSjSZrCse0LBd8NWT-jVz8KjUWjcPYzw/view?usp=sharing>

<https://drive.google.com/file/d/1PH8dCui0mytG9UqUWjMpiaYmaCARErML/view?usp=sharing>

<https://drive.google.com/file/d/16s7Wri9XQwTWPCjP2apSUsQUU9E9pZjZ/view?usp=sharing>

https://drive.google.com/file/d/19By-Uw34MHBNF_zVEyBaBT-OPGZbHDPc/view?usp=sharing

<https://drive.google.com/file/d/1JH41A9bcjZlo4o9glGYivtvvE3-XYV79/view?usp=sharing>

<https://drive.google.com/file/d/131YA1v571BlwI6kx5k7b1H3DHJl18ir1/view?usp=sharing>

https://drive.google.com/file/d/1Twjde_DIRZVME_ZxuFXDrQnzRMUL1H-J/view?usp=sharing

<https://www.powtoon.com/c/c9w4oKS1Cph/2/m>

https://drive.google.com/file/d/1NVk9_OSTEOC-K1jzDvWxt42LDIOMfnoj/view?usp=sharing

<https://drive.google.com/file/d/1jLy1pCkvSRBHjpxCHw2eH3eGBNhne0sO/view?usp=sharing>

https://drive.google.com/file/d/1Nnlxy_aNfGP7TVVSulSrZkfv8O3WxwZH/view?usp=sharing

Presentation of the Lesson in Italy:

<https://view.genial.ly/62371d798862b20011c5aa45/presentation-projectcyberbullying-what-would-you-do-a-scool-without-bullying>

Cyberbullying, what is it?

Cyberbullying involves the use and dissemination of defamatory information in electronic format through different methods of communication such as email, messages (text and multimedia), social networks, publication of videos and photos on electronic content dissemination platforms of a single person or group, deliberately and repetitively, and is intended to cause discomfort in the other.

[Bullying: what is it and how to deal with it? - PortalBullying](#)

Being a reality in our Society and our School, it is necessary to revisit this issue. For this, it's needed:

Activity «CYBERBULLYING – WHAT WOULD YOU DO?»:

- Create an original video, lasting 2 to 5 minutes, that answers to the question raised, based on previous research on *Cyberbullying*, presenting solutions, using for this the elementary functionalities of a video editing and production tool locally installed or available on the Internet:

1. Select a topic and, in groups, plan the various tasks and stages of the work to be carried out.
2. Collect, on Internet or through electronic devices, images (they can create their own images), sound and video in digital format, according to the production project in progress.
3. Analyze and select content according to the project.
4. Verify the respect for copyright and intellectual property of the selected information.
5. Integrate selected content from different types of digital media, based on the established aims for the current production.
6. Perform basic text, image, sound and video editing operations, using existing functionalities in the tool in use and/or in a standalone application. The text (oral and written) must be one in Portuguese and one in English.
7. It must include the logo of the School and the Erasmus+ project, «European Schools Stand Against Bullying».



8. Adapt the product to the proposed purpose – raise awareness of *Cyberbullying*, delivering solutions for the presented chosen situation.
9. Present the work result to the class.
10. These works will later be presented to the Educational Community.

(adapted from ae_itic78_3ceb_bullying_aluno_2018.doc)

SUPPORT RESOURCES:

<https://www.apavparajovens.pt/pt/go/o-que-e2>

<https://www.apavparajovens.pt/pt/go/menu-top-com-o-te-manteres-segura-o-seguranca-na-internet>

<https://www.internetsegura.pt/Cyberbullying> .

<https://www.cgd.pt/Site/Saldo-Positivo/formacao-e-tecnologia/Pages/cyberbulling-ajudar-vitimas.aspx>

<https://observador.pt/especiais/o-meu-agressor-anda-comigo-no-bolso/>

<https://www.saudebemestar.pt/pt/blog/psicologia/bullying/> <https://ipdi.gov.pt/bullying>

<https://www.centronoticias.pt/2017/04/29/existem-seis-tipos-de-bullying-fisico-sexual-verbal-social-cyberbullying-e-bullying-homofobico-cronica-do-psicologo-marcelo-costa/>

<https://www.tuasaude.com/sinais-de-bullying-na-escola/>

<https://www.tuasaude.com/como-combater-o-bullying/>

<https://www.aeva.eu/pt/noticias/dia-mundial-de-combate-ao-bullying>

<https://www.publico.pt/2020/09/16/sociedade/noticia/60-jovens-vitimas-cyberbullying-pandemia-agressores-indiferentes-1931643>

Web pages:

- *Bullying portal*- <https://www.portalbullying.com.pt>
- *Victim support page*: <http://www.apavparajovens.pt/pt>

Videos:

Bullying - YouTube

<https://www.youtube.com/watch?v=jP0SeZU-UiQ>

<https://www.dge.mec.pt/bullying-e-ciberbullying>

Muda de atitude e combate o Bullying - YouTube

<https://www.youtube.com/watch?v=JMeLEKvjVF0&t=2s>

<https://shar.es/aWYaEd>

<https://www.youtube.com/watch?v=lb1LBVq5emU>

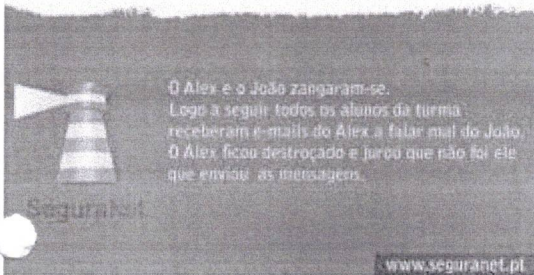
Dia mundial da luta contra o Bullying - YouTube

<https://www.youtube.com/watch?v=jiuV5PyAqLU>

O QUE FARIAS?



O Alex e o João zangaram-se. Logo a seguir todos os alunos da turma receberam e-mails do Alex a falar mal do João. O Alex ficou destruído e jurou que não foi ele que enviou as mensagens.

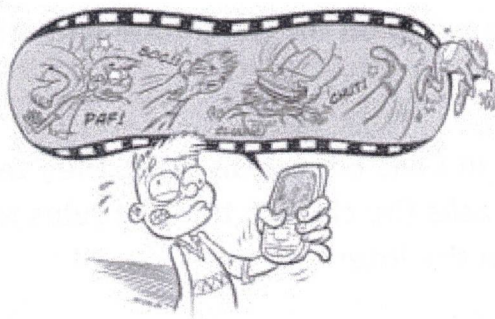


SeguraNet

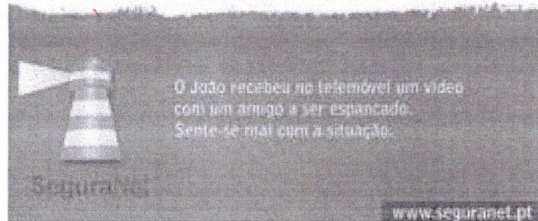
www.seguranet.pt



O QUE FARIAS?



O João recebeu no telemóvel um vídeo com um amigo a ser espancado. Sente-se mal com a situação.

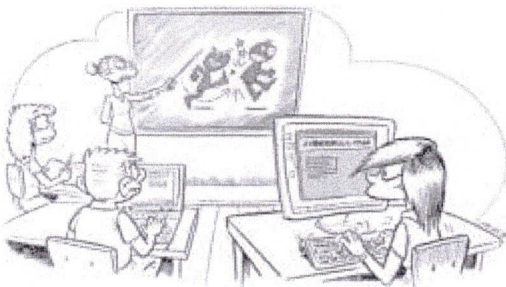


SeguraNet

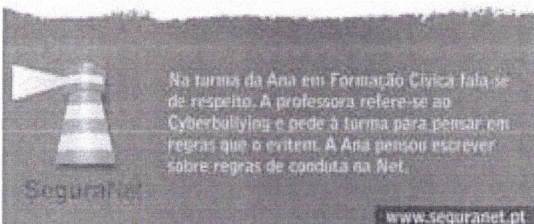
www.seguranet.pt



O QUE FARIAS?

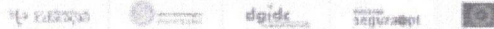


Na turma da Ana em Formação Cívica fala-se de respeito. A professora refere-se ao Cyberbullying e pede à turma para pensar em regras que o evitem. A Ana pensou escrever sobre regras de conduta na Net.



SeguraNet

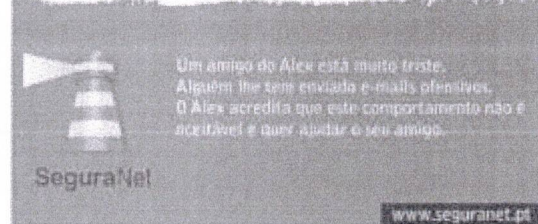
www.seguranet.pt



O QUE FARIAS?

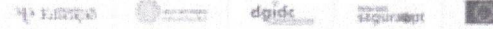


Um amigo do Alex está muito triste. Alguém lhe tem enviado e-mails ofensivos. O Alex acredita que este comportamento não é aceitável e quer ajudar o seu amigo.



SeguraNet

www.seguranet.pt



<https://www.seguranet.pt/pt/cartazes-o-que-farias>

Good work!
Teacher Sofia Venceslau

I – Alex and João got angry. Soon after, all the students in the class received emails from Alex saying bad things about João. Alex was devastated and swore he wasn't the one who sent the messages.

II - João received a video on his cell phone with his friend being beaten. He felt bad with the situation.

III - In Ana's class, in Civic Education class, they talk about respect. The teacher refers to the cyberbullying and asks the class to think of rules to avoid it. Ana thought to write about good rules of conduct on the Internet.

IV - A friend of Alex's is very sad. Someone has been sending him offensive emails. Alex believes this behavior is unacceptable and wants to help his friend.