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| **STOP** | **CYBERBULLYING –**  **KEY TO EXERCISES** |

**TO BULLY =**

**to**[**hurt**](https://dictionary.cambridge.org/dictionary/english/hurt)**or**[**frighten**](https://dictionary.cambridge.org/dictionary/english/frighten)**someone, often over a**[**period**](https://dictionary.cambridge.org/dictionary/english/period)**of**[**time**](https://dictionary.cambridge.org/dictionary/english/time)**, and often**[**forcing**](https://dictionary.cambridge.org/dictionary/english/force)**that**[**person**](https://dictionary.cambridge.org/dictionary/english/person)**to do something they do not**[**want**](https://dictionary.cambridge.org/dictionary/english/want)**to do**

*Don't*[*let*](https://dictionary.cambridge.org/dictionary/english/let)*anyone bully you****into****doing something you don't*[*want*](https://dictionary.cambridge.org/dictionary/english/want)*to do.*

**CYBERBULLYING =**

**the**[**activity**](https://dictionary.cambridge.org/dictionary/english/activity)**of using the internet to harm or frighten another person, especially sending them unpleasant messages.**

*In the past ten*[*years*](https://dictionary.cambridge.org/dictionary/english/year)*, cyberbullying has*[*become*](https://dictionary.cambridge.org/dictionary/english/become)[*increasingly*](https://dictionary.cambridge.org/dictionary/english/increase)[*common*](https://dictionary.cambridge.org/dictionary/english/common)*among*[*students*](https://dictionary.cambridge.org/dictionary/english/student)*.*

COMPLETE THE TEXT WITH THE MISSING WORDS.

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through sending texts, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content. Cyberbullying includes sending, posting or sharing negative, harmful, false or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into illegal or criminal behaviour.

The most common places where cyberbullying occurs are:

Social Media - such as Facebook, Instagram, Snapchat, and Twitter

SMS (Short Message Service) also known as Text Message sent through devices

Instant Message (via devices, email provider services, apps, and social media messaging features)

Email

**Special Concerns**

The 2015 [USA](https://nces.ed.gov/pubs2018/2018106.pdf) Survey indicates that nationwide about 21% of students aged 12-18 experienced bullying.

Social media and digital forums have become an everyday thing and comments, photos, posts, and content shared by individuals can often be viewed by strangers as well as friends and “friends”. The content an individual shares online – both their personal content as well as any negative, mean or hurtful content – creates a kind of permanent public record of their views, activities, and behaviour. This public record is an online image of an individual and it can be viewed by colleges, clubs, schools, employers and others who may be researching an individual now or in the future. So, cyberbullying harms the online reputations of everyone involved.

(adapted from: <https://www.stopbullying.gov>)

**What to Do When Cyberbullying Happens**

**Snapchat GUIDELINES**



If you come across something upsetting, or if anyone asks you to do something inappropriate or that makes you uncomfortable, please report the Snap to us — and talk to your parent or a trusted adult about it.

If you ever need to report something, just press and hold on whatever Snap you're viewing, and then tap the **🏳️** button to reach out to us. You can also [report a Snapchat safety concern on the web](https://support.snapchat.com/i-need-help?start=5153567363039232).

Bullying: If someone is bullying or harassing you, report the Snap to us — and talk to your parent or a trusted adult about it. You can also always [block that person](https://support.snapchat.com/article/block-friends) and [leave any group chat](https://support.snapchat.com/article/group-chat) where bullying is taking place.



**Facebook GUIDELINES**

Dno obrazca

If someone sends you a message on Facebook that makes you uncomfortable, you can:

* [**Block messages from them**](https://www.facebook.com/help/1682395428676916?helpref=faq_content)**.** They won't be able to contact you (example: send you messages or call you) in Messenger, or message you with Facebook chat.
* [**Report a threatening message**](https://www.facebook.com/help/messenger-app/833709093422928?helpref=faq_content).
* [**Ignore the conversation.**](https://www.facebook.com/help/messenger-app/1245152242249842?helpref=faq_content)
* [**Delete the conversation**](https://www.facebook.com/help/messenger-app/242107552657620?helpref=faq_content)**.** Keep in mind that this won't delete the conversation from their inbox. If you want to report the conversation, [take a screenshot](https://www.facebook.com/help/225186287544704?helpref=faq_content)before you delete it.
* [**Block them on Facebook**](https://www.facebook.com/help/168009843260943?helpref=faq_content)**.**

Note: You can also report their Facebook account if you think they're using a [fake account](https://www.facebook.com/help/174210519303259?helpref=faq_content) or [pretending to be you](https://www.facebook.com/help/174210519303259?helpref=faq_content) or someone else.

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| --- | --- |
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COMPLETE THE TEXT WITH THE MISSING WORDS.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| causing | digital | harmful | includes | illegal | occurs | share | tablets |

Cyberbullying is bullying that takes place over \_\_\_\_\_\_\_\_\_\_\_\_ devices like cell phones, computers, and \_\_\_\_\_\_\_\_\_\_\_\_. Cyberbullying can occur through sending texts, and apps, or online in social media, forums, or gaming where people can view, participate in, or \_\_\_\_\_\_\_\_\_\_\_\_ content. Cyberbullying \_\_\_\_\_\_\_\_\_\_\_\_ sending, posting or sharing negative, \_\_\_\_\_\_\_\_\_\_\_\_, false or mean content about someone else. It can include sharing personal or private information about someone else \_\_\_\_\_\_\_\_\_\_\_\_ embarrassment or humiliation. Some cyberbullying crosses the line into \_\_\_\_\_\_\_\_\_\_\_\_ or criminal behaviour.

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UNPUZZLE THE WORDS.

Special Concerns

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Social media and digital forums have become an everyday thing and (stnemmoc)\_\_\_\_\_\_\_\_, photos, posts, and content shared by individuals can often be viewed by (sregnarts)\_\_\_\_\_\_\_\_\_ as well as friends and “friends”. The content an individual shares online – both their (lanosrep)\_\_\_\_\_\_\_\_ content as well as any negative, mean or (luftruh)\_\_\_\_\_\_\_ content – creates a kind of (tnenamrep)\_\_\_\_\_\_\_\_\_ public record of their views, activities, and behaviour. This public record is an online (egami)\_\_\_\_\_ of an individual and it can be viewed by colleges, clubs, schools, (sreyolpme)\_\_\_\_\_\_\_\_\_ and others who may be researching an individual now or in the future. So, cyberbullying (smrah)\_\_\_\_\_ the online reputations of everyone involved.

(adapted from: <https://www.stopbullying.gov>)

**What to Do When Cyberbullying Happens**

**Snapchat GUIDELINES**

UNPUZZLE THE WORDS.

If you come across something **uepntsitg** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or if anyone asks you to do something **iiprtpnopraae** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or that makes you uncomfortable, please report the Snap to us — and talk to your parent or a trusted **adlut** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about it.

If you ever need to report something, just press and **hlod** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on whatever Snap you're viewing, and then tap the **🏳️** button to reach out to us. You can also [report a Snapchat seafty \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ concern on the web](https://support.snapchat.com/i-need-help?start=5153567363039232).

Bullying: If someone is **bliulnyg** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or harassing you, report the Snap to us — and talk to your parent or a trusted adult about it. You can also always [block that person](https://support.snapchat.com/article/block-friends) and [leave any group chat](https://support.snapchat.com/article/group-chat) where **blyulnig** \_\_\_\_\_\_\_\_\_ is taking place.



**Facebook GUIDELINES**

WHICH WORD IS MISSING?

Dno obrazca

If someone sends you a message on Facebook that makes you uncomfortable, you can:

* [**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ messages from them**](https://www.facebook.com/help/1682395428676916?helpref=faq_content)**.** They won't be able to contact you (example: send you messages or call you) in Messenger, or message you with Facebook chat.
* [**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ a threatening message**](https://www.facebook.com/help/messenger-app/833709093422928?helpref=faq_content).
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