CYBERBULLYING – WORKSHEET

Write the question above the right answer:

What is cyberbullying?

Why do we use the words troll or trolling?

What does a troll do?

How to track a troll down?

How do social media work?

Where can you find cyberbullying?

How to fight cyberbullying?

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

The word „troll“ comes from the English word „trolling“. It was used for a kind of fishing – bait was being pulled through the area, in which there could be the fish caught. It is the same principle as internet trolling. The troll is making his activities in the area with the high probability of catching somebody, who is going to believe him.

The victims and ways of trolling are different in different cases. It is very difficult to find the identity of trolls because of the anonymity of the internet setting. In most cases the trolls are computer experts, who know the internet surrounding perfectly and they know, how to hide their true identity. They usually have many different fake accounts and they write covered under different user names. They also can use unregistred SIM cards and e-mails.

The term of cyberbullying is used for any actions using modern technologies for sending aggressive or offensive content. It takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, 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 unlawful or criminal behavior.

A lot of times people don't realize when they have hurt your feelings online. If you're not sure that somebody was being mean to you on purpose, start by talking to them in person – where you can see and hear each other – and see if you can work things out.

When something happens that gets you upset, take some time to let the first rush of anger or fear fade away. It's hard to make good decisions when you're mad, scared or embarrassed. If your heart is racing or you're feeling tense, it's time to get offline for a while. Sometimes it can be useful to go outside and do something active to help you get it out of your system.

1. Save the evidence.

If somebody is being mean to you online, make sure that you have a record of it. If it's something that was sent directly to you, make sure to save it. If it's something that can be deleted (a tweet, a status update, etc.) get a screenshot.

If it happens more than once, start a journal that records what's happening. Include as many details as you can: where and when it happened, everything you know about the person doing it, anything you did (or didn't do) and how it made you feel.

2. Talk to somebody.

If someone is being mean to you online it's okay to talk to your friends or someone in your family about it. Kids who've been bullied say what other people did and helped the most was just to spend time with them and listen to them. If there's no one you can talk to offline, you can contact for example your teacher or an expert.

Remind yourself that it's not your fault. Nothing about you gives other people a reason to be mean to you. If someone is mean to you, that's their problem – not yours.

Troll is a person, who takes part in online discussions. He writes provocative, offensive or irrelevant comments on the topics being discussed. His goal is to cause an emotional reaction and break the polite discussion. He is doing it for fun and from his point of view it is just kind of humor or prank.

These days the term „troll" is being used in wider meaning for all kinds of activities, which are trying to provoke emotional reaction.

Most of the users of social media, for example Facebook or Instagram, find the virtual space real. People use their real name, share personal information and online life influences their real life. Only few people admit, that Facebook is not reality. It doesn't show the person's real side, but his ideal side. In other words, a person usually tries to show himself as a perfect person with a perfect life. The Facebook space is usually full of pretending and some people mistake the Facebook friendship with the real one. They share their personal information and feelings, which makes them very vulnerable. Trolls take advantage of this situation and can really hurt the person.