

Understanding Cyberbullying and Digital Skills

Benevento, February 23-26, 2026

Istituto Comprensivo «G. Pascoli»

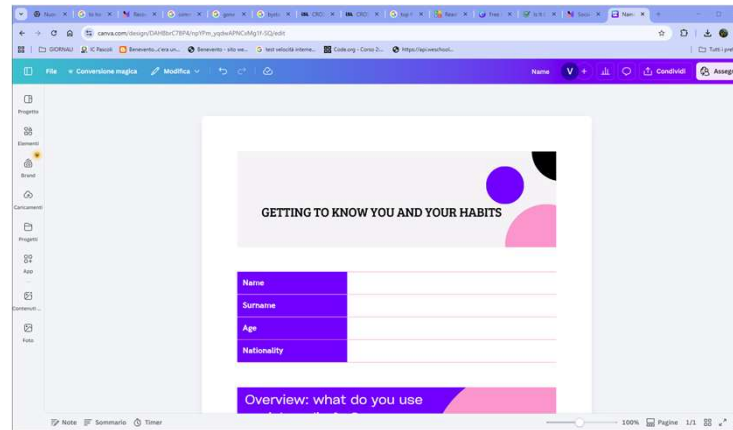


Social media



Getting to know you - questionnaire

https://www.canva.com/design/DAHBbrC7BP4/npYPm_yqdwAPNCxMg1f-SQ/edit

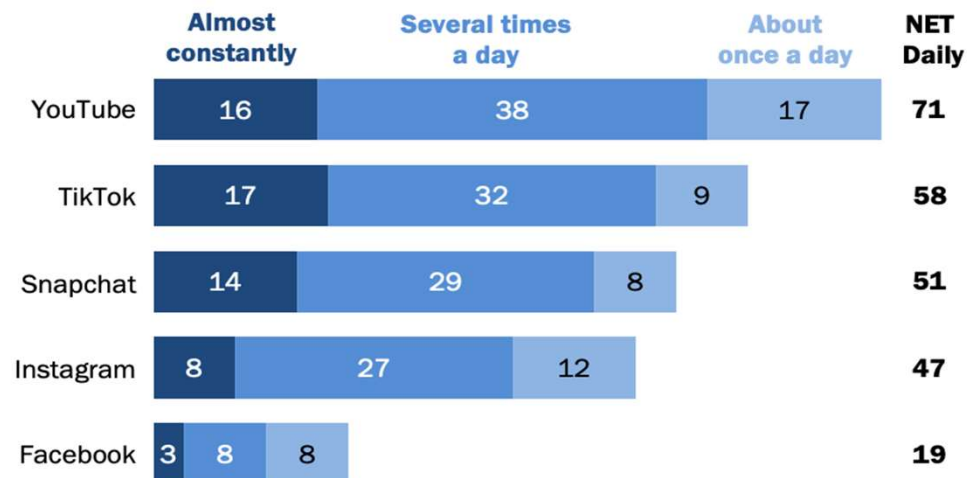


Social media

TOP FIVE CHART

A majority of teens visit YouTube, TikTok daily

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

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Video



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Understanding Cyberbullying and Digital Skills

How do you feel after watching the video?

Student : I feel...

| sad | angry | scared |
|------------|------------|-----------|
| shocked | upset | worried |
| confused | embarassed | hurt |
| frustrated | helpless | disgusted |
| anxious | ashamed | lonely |
| empathetic | motivated | hopeful |
| relieved | strong | aware |
| confident | positive | calm |

<https://www.mentimeter.com/app/presentation/alqzvm2pxv7i7mvm948dwtfmbj1ek44j/edit?question=bdmc7ceizohy>

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Do we really know what cyberbullying is?



Can you recognize similarities and differences between **in-person bullying, cyberbullying, and being mean?**



Do we really know what cyberbullying is?



15 minutes

Is there a difference between **joking**, *being mean*, and **bullying**? What is it?

Take turns sharing your ideas with your partners

| Joking | Being Mean | Bullying |
|--------|------------|----------|
| | | |

<https://www.mentimeter.com/app/presentation/aljt4uyurer279b79vqya4ssfmcttfch/edit>

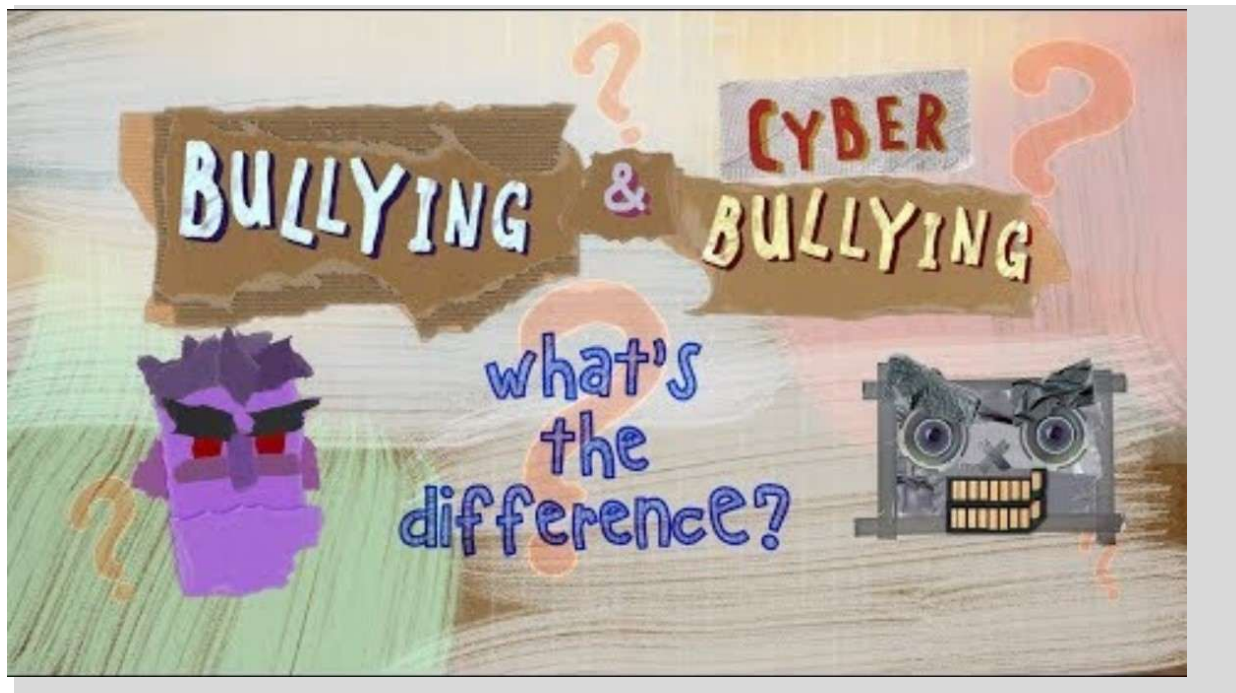
Do we really know what cyberbullying is?



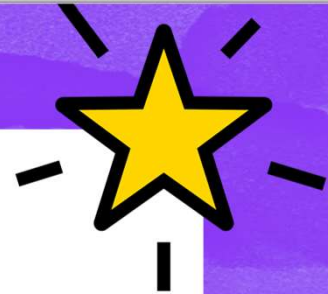
We're going to watch a video that talks about these different behaviors, and also about ***cyberbullying***.



Do we really know what cyberbullying is?



According to the video, what is cyberbullying?



Cyberbullying

Using digital devices, sites, and apps to intimidate, harm, and upset someone.

Vocabulary

bully – the person who is doing the bullying

bystander – a person who observes a conflict or unacceptable behaviour, but does not take part in it

empathy – to imagine the feelings that someone else is experiencing

target – the person who is on the receiving end of harm

upstander – someone who takes action to help when they see another person being treated unfairly or unkindly



20 minutes

GROUP ACTIVITY: SANDRA'S STORY – worksheet

Read the story of Sandra. Then discuss the questions with your group and write your answers.



15 minutes

Wrap-Up Activity : Upstander Cards

We've talked a lot about bullying and ways to respond to it. To wrap up, you're going to create **upstander cards**. Your card can be for any of the roles in a cyberbullying situation: **the target, the bully** or **someone who sees it (bystander)**

sample

Directions

Imagine you see a cyberbullying situation. You're going to create a card to help stop it.

- The card can be for the target, the bully or someone seeing the cyberbullying.
- It can give them advice, outline an action plan or just say something nice that will make them feel better.
- It should be colourful and creative and use both words and images.



Cyberbullying: A.C.T.

It's important to **A.C.T. !!!!!**

A **sk for help** from trusted adults.

C **ollect evidence** and report.

T **ake care** of yourself.



Cyberbullying: A.C.T.

A sk for help from trusted adults.

Remember that some serious situations may require adults to involve others to keep you safe.

Parents, teachers, coaches, counselors, and family members could be part of your network of support.

Cyberbullying: A.C.T.

Collect evidence and report.

Take screenshots and save any harmful messages to help adults understand what happened.

Cyberbullying: A.C.T.

take care of yourself.

Share your feelings with close friends or family who can help you feel less alone.

Remember that true friends don't participate in harming others.

Cyberbullying can make you feel isolated, but remember that cyberbullying doesn't define you, and ***you have the power to take action!***



Grazie

Teşekkür ederim

Děkuju



Obrigado