



Istituto Comprensivo Pascoli Benevento Italy
Erasmus+ mobility
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**Project title: Digital empathy: Raising Awareness
and Collaboration Against Cyberbullying**

Czechia, Italy, Portugal, Turkey



Cyberbullying Tools and Applications

Some practical actions

Recognizing Warning Signs Online



Keep attention!



Learn to recognize early bullying signals and protect yourself and your friends.

Hurtful Messages



Digital Exclusion



Harmful Images



💡 The key difference:

Hurtful messages = bad words

Digital exclusion = being left out

Harmful images = bad photos or videos



Recognizing Warning Signs Online



Hurtful Messages



Hurtful messages are mean words that someone sends to you online. For example, insults, threats, or unkind comments in a chat or on a post. These words make you feel sad, scared, or angry.



Digital Exclusion

Digital exclusion is when people leave you out on purpose online. For example, they don't add you to a group chat, or they ignore you in an online activity. You feel alone and not important.



Harmful Images

Harmful images are photos or videos that someone shares without your permission. The image is embarrassing or private. Other people can see it and this hurts you.



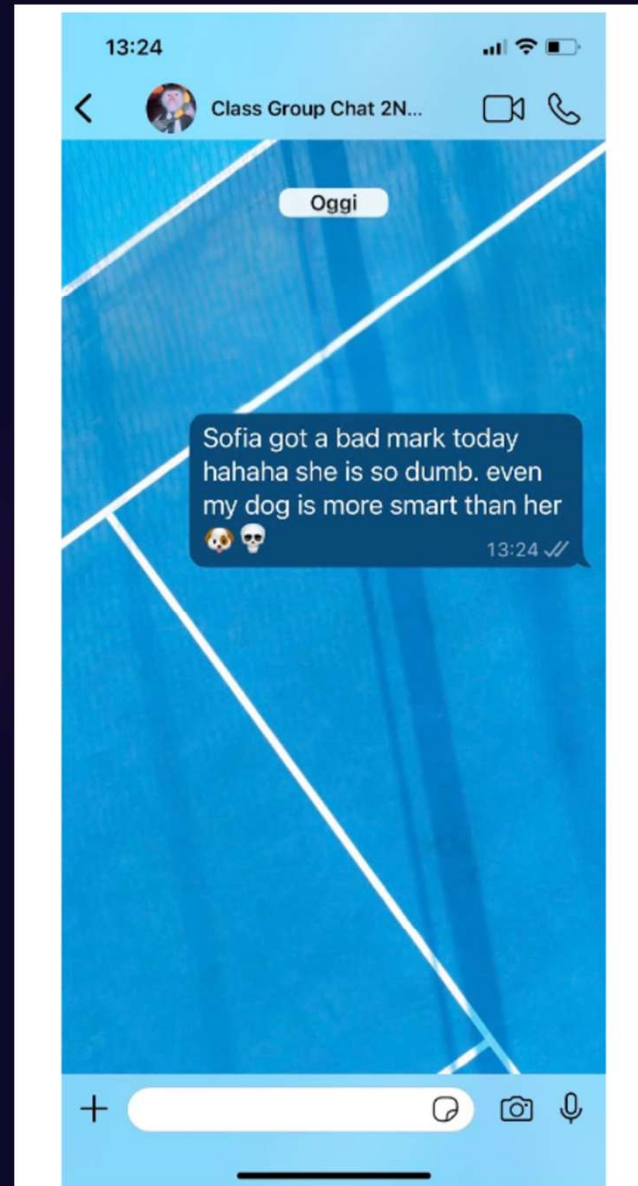
Interactive Activity:

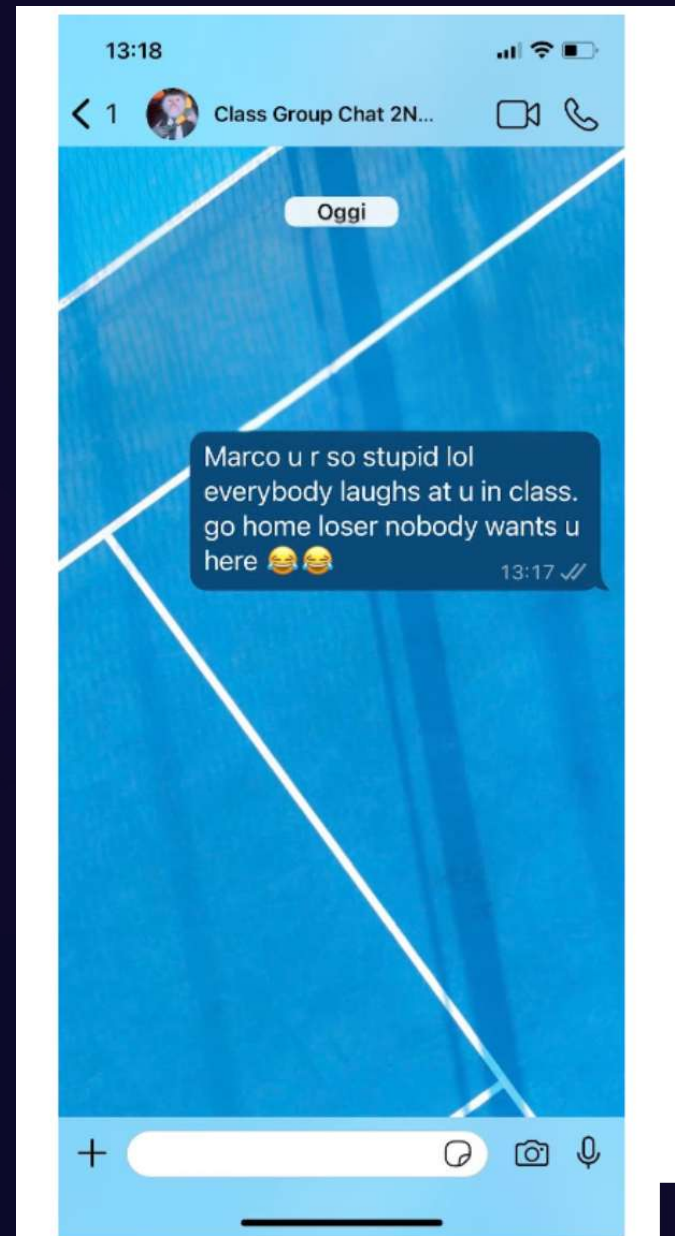
Look at the simulated screenshot provided below .

Can you identify which warning signs appear?

Discuss with your group







How to Identify Offensive Messages

Read carefully

Look for words that attack someone's appearance, family, race, or abilities



Notice the tone

Messages meant to humiliate, shame, or make someone feel bad about themselves

Watch for patterns

Repeated attacks over days or weeks—not just one mean comment



Share with adults

Don't keep hurtful messages to yourself—show a trusted teacher or parent

Example

"Stop posting pictures, you're embarrassing everyone with that face"— This attacks appearance and tries to silence someone. That's cyberbullying.

Spotting & Stopping Cyber Bullying! The Robo-Girl Who Teaches Kindness

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

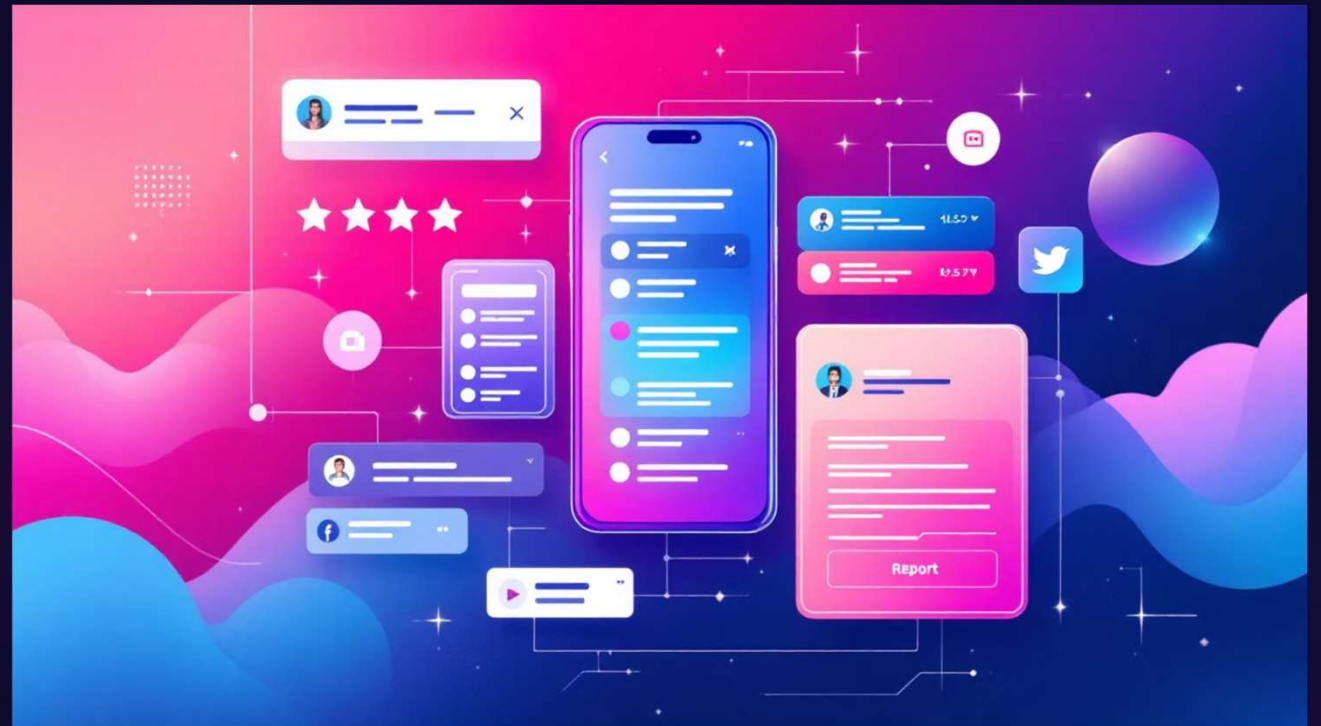


The emotions

Reporting Tools on Platforms

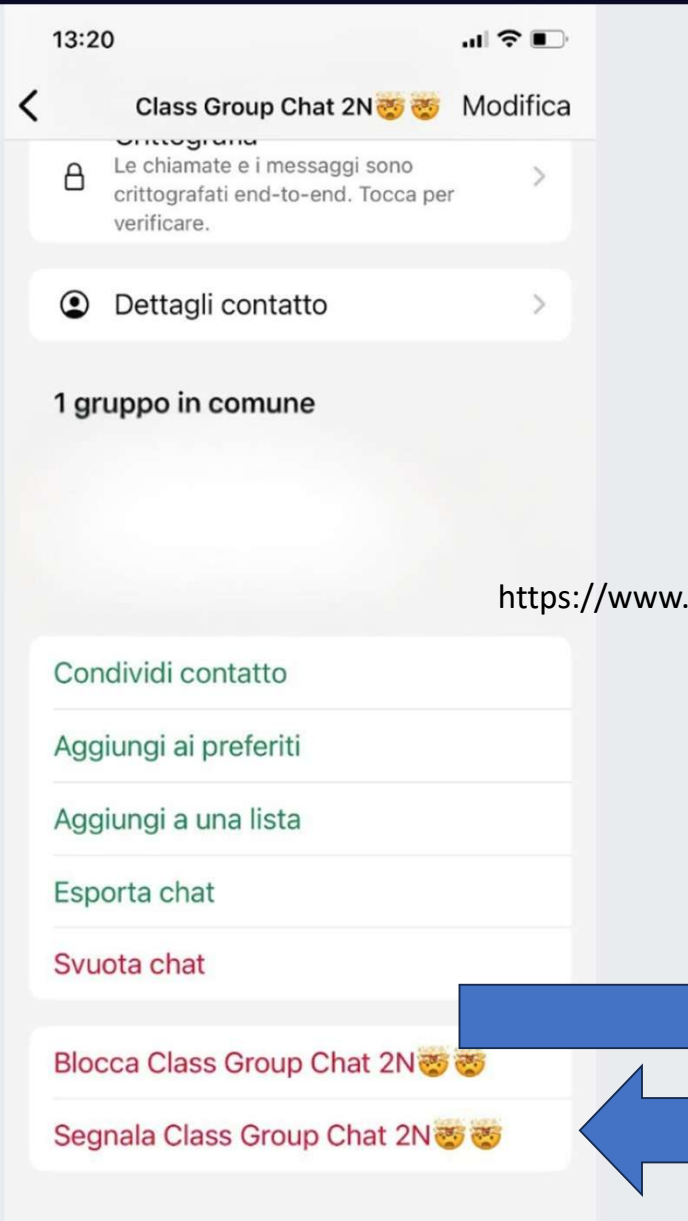
Every major social network has built-in safety tools.

Where to Find "Report" Buttons



How To Block Someone On WhatsApp

<https://www.youtube.com/watch?v=0eV8KvjzHM>

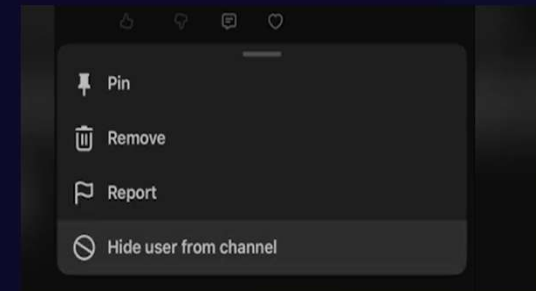


<https://www.youtube.com/watch?v=0eV8KvjzHM>



How To Block Someone On You Tube

<https://www.youtube.com/watch?v=yMHMfdX-hY0>

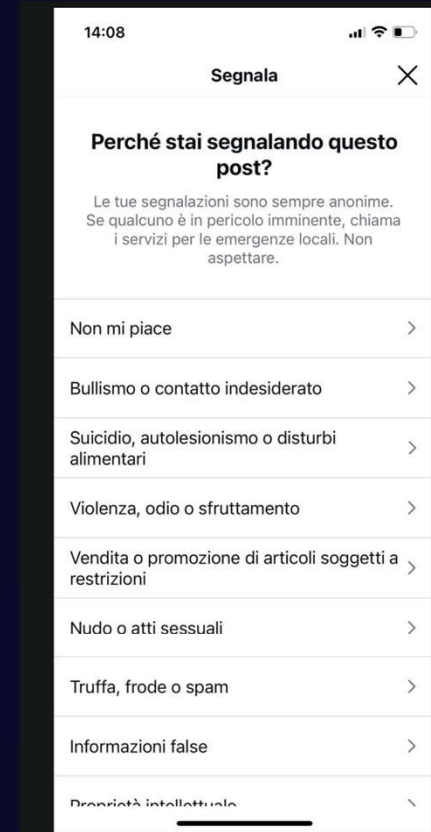




Digital empathy: Raising Awareness and Collaboration Against Cyberbullying

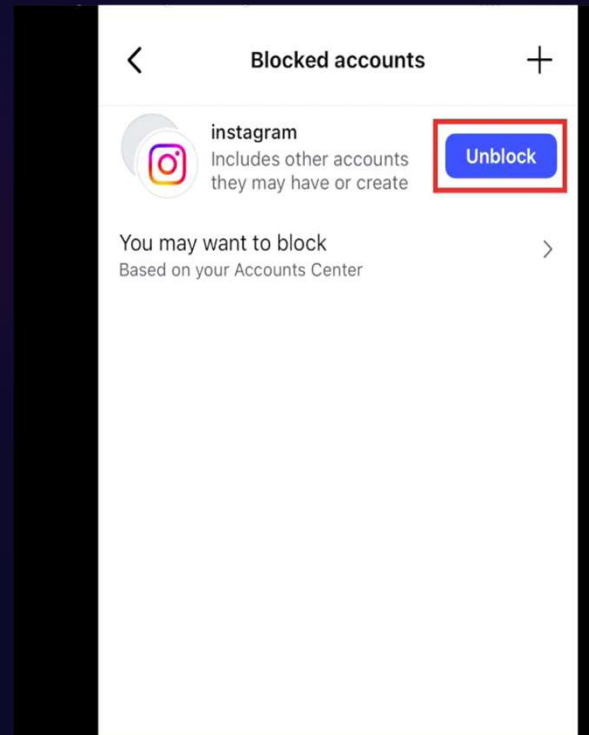
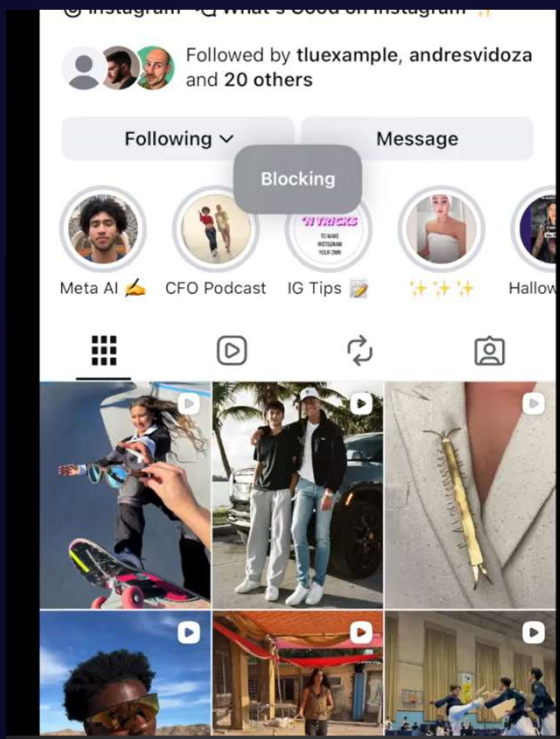


How to Block or Unblock Someone on Instagram

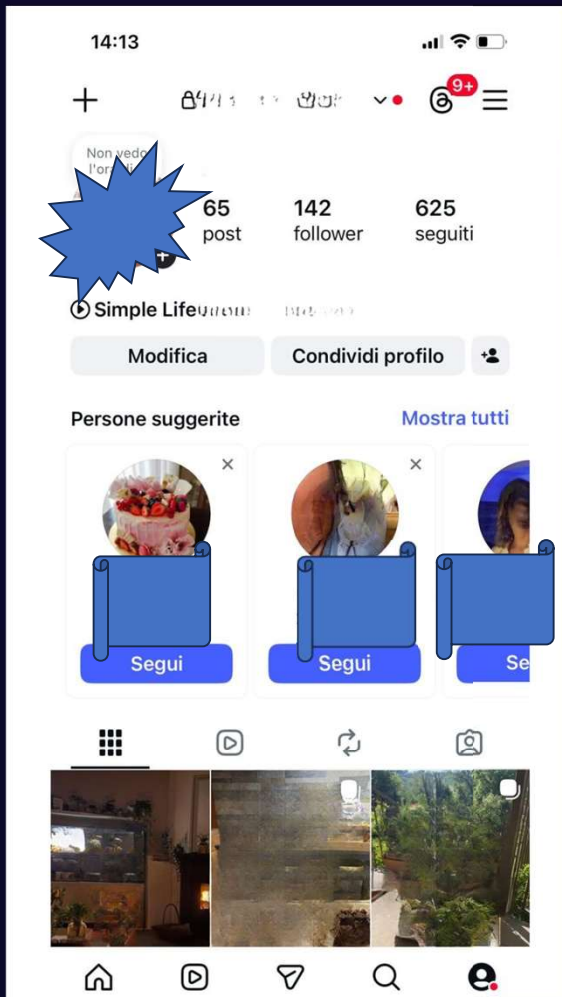


How to Block or Unblock Someone on Instagram

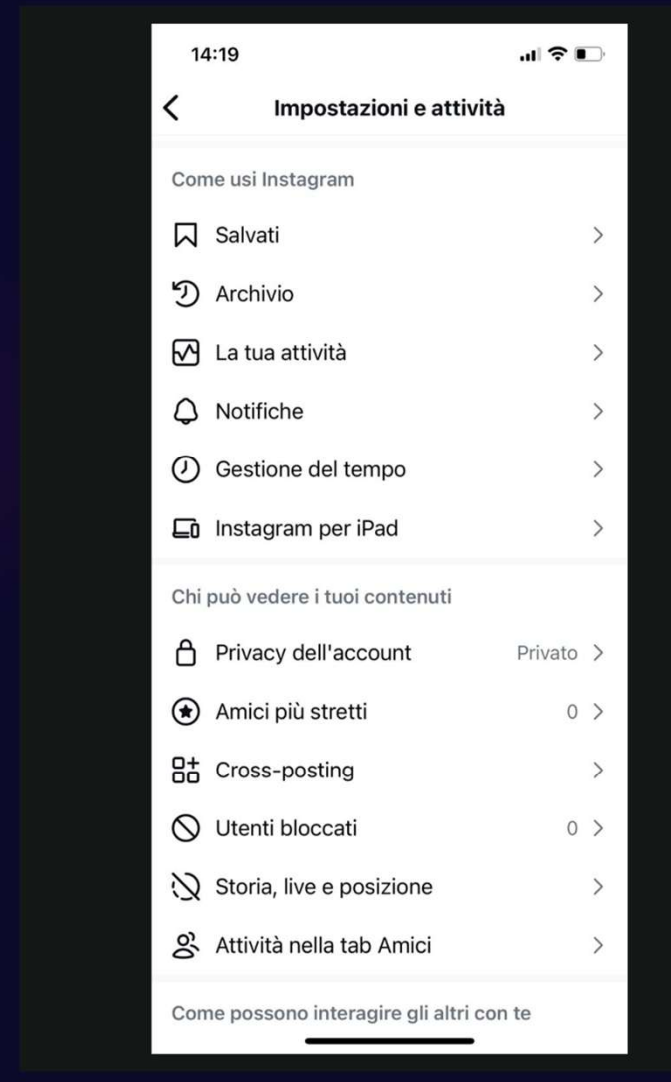
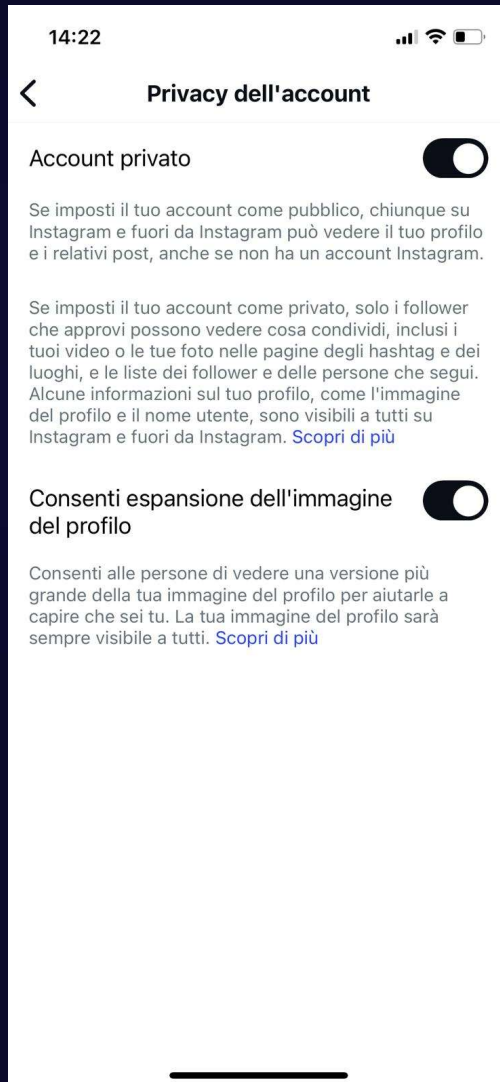
<https://www.youtube.com/watch?v=0CUcRb-xdzw>



Setting account privacy



Setting account privacy



How to Block and Unblock Someone on TikTok

<https://www.youtube.com/watch?v=MwtBpRa5wrk>



Reporting Tools on Social Media Platforms

01

Open the App or Website

Launch the social media platform where you found the inappropriate content.

02

Find the Problem Post

Scroll to the message, comment, or image you want to report.

03

Click the Report Button

Look for the three dots (...) or flag icon near the post. Tap or click it.

04

Choose the Reason

Select the option that matches what happened (harassment, bullying, hate speech).

05

Submit the Report

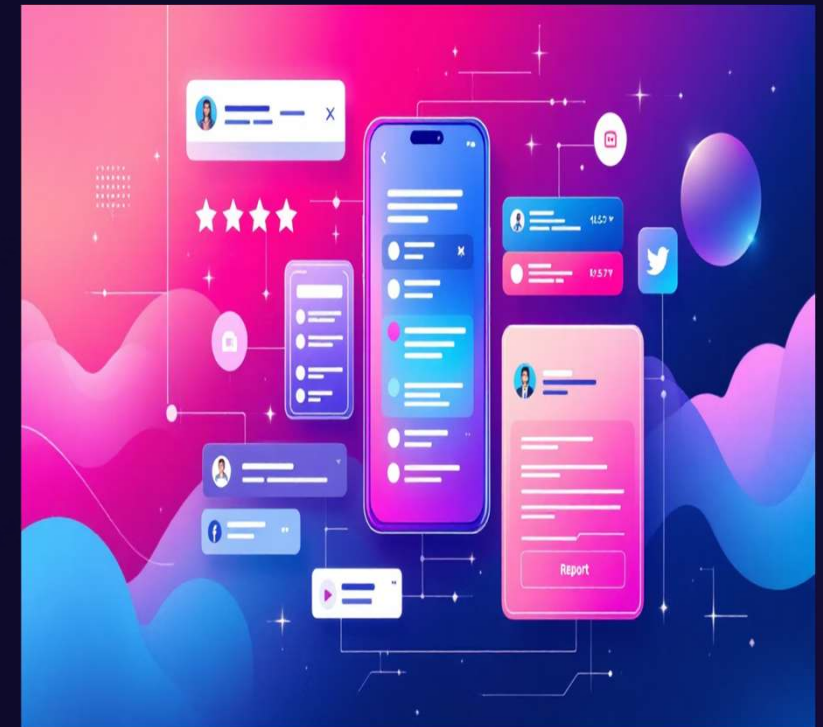
Click "Send" or "Report" to inform platform moderators who will review the content.



Reporting Tools on Platforms

When you report content, platform moderators review it within 24-48 hours.

If it breaks their community rules, they'll remove it and may suspend the bully's account.



Ask for help!

<https://better-internet-for-kids.europa.eu/en/sic>

<https://www.unicef.org/armenia/en/stories/10-tips-teens-can-stay-safe-online>

unicef  for every child



Remember: there are always adults at your school ready to listen confidentially



European
Union

Better Internet for Kids



What to Do If You Are a Witness

Your Actions Matter

Witnesses have power to stop bullying. Your support can make someone feel less alone and encourage the bully to stop.



Do Not Respond Impulsively

Stay calm and don't send angry messages back or join in. Take time to think before acting.

Save the Evidence

Take screenshots of harmful messages, posts, or comments immediately. Use the phone's screenshot button (power + volume down).

Offer Support Privately

Send a private message to let the person know you care. Ask if they're okay and if they need help.

Don't Share the Content

Resist forwarding hurtful material even as a joke. Sharing spreads the pain to more people.

Report Together if Possible

If the person agrees, help them report the content to the platform or an adult they trust.

Example Scenario: You see someone posting mean comments about your classmate Sarah in a group chat. You privately message Sarah to check she's okay, take screenshots as evidence, then talk to your teacher together about what happened.



What to Do If You Are a Victim

Step 1: Close the App

Don't keep reading hurtful messages. Put your phone down and walk away to calm yourself.

Step 2: Document Everything

Take clear screenshots of all abusive messages, comments, and posts. Save dates and times.

Step 3: Reach Out for Help

Talk to a trusted adult—parent, teacher, counselor—about what's happening. They can support you.

Step 4: Take Action

With adult help, report and block the person causing harm. You have power to stop this behaviour.

- **Remember: What happened is never your fault!**
- **Bullies often target vulnerable people because they feel powerless themselves.**
- **Asking for help takes courage.**

You Have the Power to Stop Cyberbullying!

Know the Signs

Recognize hurtful online behaviour early and understand when it crosses the line.

Use the Tools

Report content, block users, and adjust privacy settings confidently across all platforms.

Seek Support

Never struggle alone. Reach out to trusted adults and helplines when you need help.

Final Thought: The internet can be an amazing place for connection and creativity. By learning these skills, you're helping make online spaces safer for everyone. Stay smart, stay supported, and remember: **help is always available.**



Final Hands-On Lab Activity

Your Mission

Now you will work in your international groups.
Your mission is to create a poster about online safety.
Your poster must help other students understand:

- how to recognize cyberbullying
- what to do if you are a victim
- what to do if you are a witness

Use short sentences. Use clear and strong messages.



Analyze

Read the rules details carefully with your group members.



Plan

Create a specific action plan listing exact steps to take.



Present

Share your solution with the class and explain your reasoning.

Your poster must include:

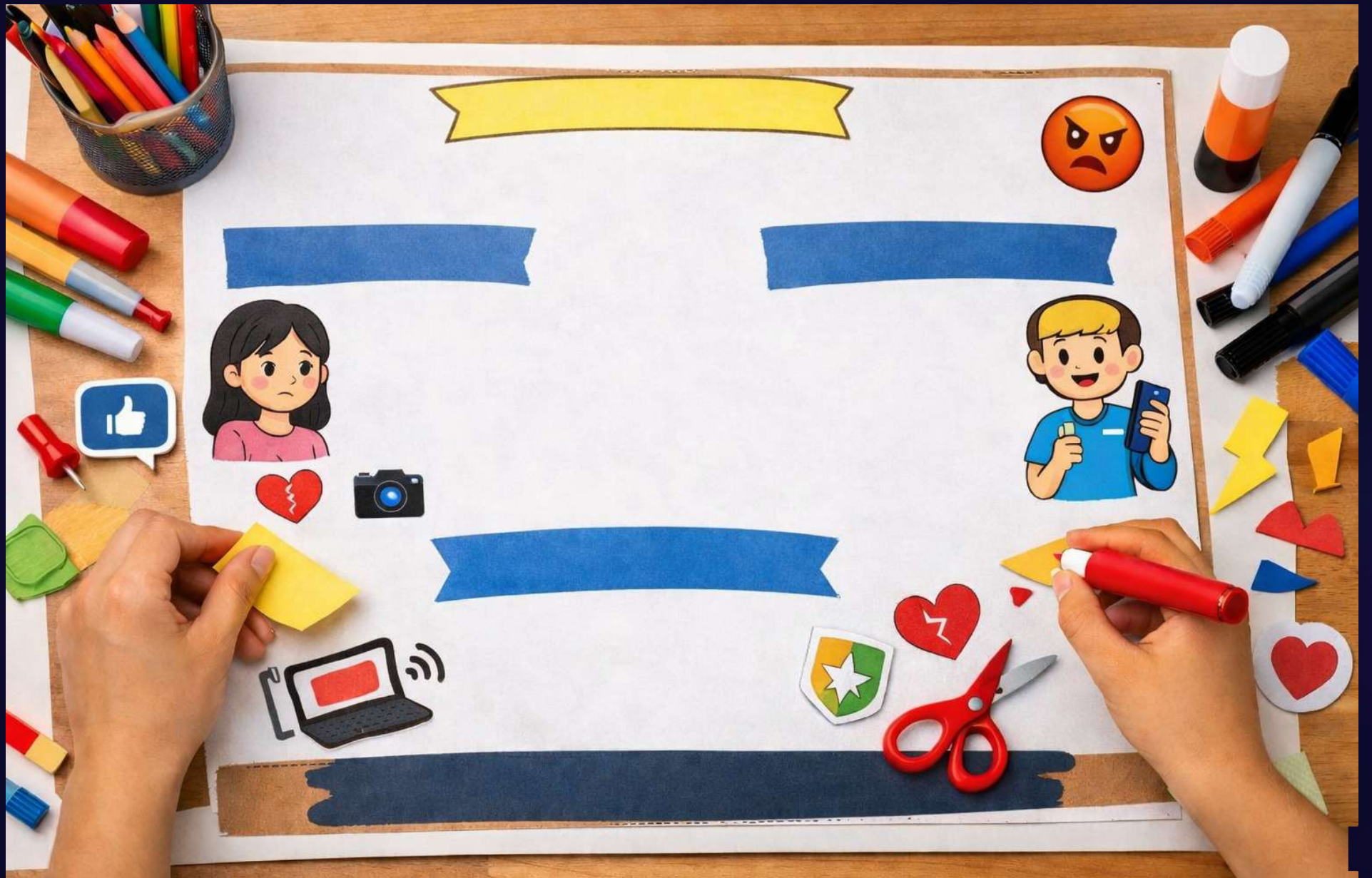
A clear title

3 Golden Rules for Online Safety

At least 2 practical actions (for example: take screenshots, report, block, talk to a teacher)

Images, symbols or drawings

A positive final message



STOP CYBERBULLYING!



Be Smart Online!

Are you a Victim?



1 Save Evidence!

2 Talk to an Adult!



Are you a Witness?



Speak Up!

2 Report & Block!



REPORT

R

Online Safety Rules

1 Think Before You Post

2 Be Kind Online

2 You Are Not Alone!



Stay Safe, Stay Strong!..

Write a short comic strip

Your comic must have three characters:
a bully, a victim, a witness

The story is about cyberbullying. In your comic:
Show the bully sending or writing something mean online.

Show how the victim feels.

Show the witness helping the victim.

The comic must include a solution to help the victim stop the cyberbullying
(for example: blocking the bully, reporting the message, talking to a teacher
or a parent, saving the messages as proof).



