



Erasmus+ KA1 Course

Preventing Cyberbullying In Schools



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Summary

The behavior of young people on the Internet is simply an extension and reflection of the attitudes and forms of discrimination adults model on a regular basis in the physical world. Online activities that support communications for interpersonal, recreation, commercial, education, and government purposes have enabled variations of so-called Internet culture to emerge throughout the amorphous realm of cyberspace where youth and adults interact in ways that extend their activities, experiences, and associations. They do so in largely unmonitored, unregulated, and unsanctioned ways. What a person would rarely—if ever—contemplate doing in person, they may do online because they can, or believe they can, get away with it. When it comes to bullying online, this is especially true of youth and young adults. Hence, online bullying by and among youth and young adults is today an integral aspect of what we will explain as the digital culture of contemporary youth.

Cyberbullying, or what some people call “Internet aggression,” “Internet bullying,” or “digital harassment,” involves using computers or other information computing technology (ICT) devices, to embarrass, harass, intimidate, threaten, or otherwise cause harm to individuals targeted for such abuse.

Before digital media, bullies in school focused on their targets in person. Teachers and schools could witness the bullying and take steps to prevent it during the school day. Cyberbullying has taken school day bullying to the next level, however, seeping into evenings and weekends and making it harder for schools to intervene. However, cyberbullying training for teachers can change all of that, creating a safe, supportive environment for all kids—even after school hours.



Purpose

Cyberbullying is an issue for many students. According to Cyberbullying Research Center about 37% of young people between the ages of 12 and 17 have been bullied online and 30% of them have had it happen more than once. Although most children are not bullied on the school premises, half of those who had been cyber bullied noted that they had been targeted by another student from school. As this problem grows, it is important for students, parents and educators to understand the effects of cyberbullying and what can be done to prevent it.

This course takes a holistic look at the issue and includes information on the types of cyberbullying, how students can protect themselves and what actions can be taken to address it after it happens. It aims to provide teachers with a critical knowledge concerning the phenomenon of youth bullying. It focuses on both traditional bullying that usually takes place on school premises and cyber bullying, which occurs via information and communication technologies. With a social-ecological perspective, the seminar explores the boundaries of these phenomena, and analyzes the characteristics of youth involved and the social-psychological processes that underlie the different roles youth play in bully- victim-bystander dynamics. It also covers the prevention and intervention strategies available at the international level.



Objectives

- Realize the extent of the cyberbullying problem in schools.
- Understand the effects of cyberbullying and what can be done to prevent it.

Course Language

- English.
- Note: Participants must have at least a CEFR level B2 knowledge of English in order to be able to participate actively.

Target Groups

Teachers: primary, secondary, vocational, adult, special needs; Teacher trainers; Head teachers; Principals; Managers of schools.

Methods & Tools

Lectures, exercises, discussions, teamwork, role-playing, study visit

Course Agenda

Day 1

- Introductory meeting, explanation of practical arrangements.
- Presentation of timetable.
- Presentations of participating Organizations.
- Icebreakers, Introduction to the Course.

Day 2

- Characteristics and Causes of Bullying Among Individuals and Groups:
 - Definition of bullying and cyberbullying.
 - Bullies and Their Victims.
 - The Ten Commonly Believed Myths about Bullying.
 - Online Deceit and Incivility.
 - Cultural and Media Perpetuation.
 - Other Things that Contribute to Bullying in Society.
 - Recognizing the signs of bullied students.

Day 3

- The New Reality of Bullying and Cyber Bullying:
 - What Is Cyber Bullying?
 - Prominent Examples of Modern Bullying and Cyber Bullying
 - Common Aspects of Modern Bullying Cases
 - Growing Up with Information Computing Technology (ICT)
 - Harmful Aspects of Digital Youth Culture
 - Contemplating the Future
 - The Different Types of Cyberbullying
- Cultural Activities: Guided tour to the Historical Center of Heraklion.
- Dinner in a traditional restaurant of the town.

Day 4

- Closing the Digital Divide for Parents:
 - Prevention through Establishing and Enforcing Rules.
 - Educate, Better Educate, and Re-Educate (Yourself)!
 - The Importance of Information Security and Family Acceptable Use Policies.
 - Effective Supervision and Communication.
 - Ethics and Education through Role Positive Modeling.
 - Be on the Lookout for Warning Signs.
- Emerging Best Practices for Schools:
 - Adult Responses to Bullying.
 - Teacher Attitudes towards Bullying.
 - Theoretical Framework: Effectiveness of Prevention Programs.
 - Prevention Strategies for Schools.

Day 5

- Emerging Best Practices for Schools (2):
 - Incorporating Cyber Bullying into Existing Bullying Prevention Efforts.
 - Sample Action Steps for a Cyber Bullying Public Relations Campaign.
 - Supervising Student Use of Information Technology Devices in Schools.
 - Social, Emotional, and Ethical Learning in Schools.
 - Cyber Bullying Response and Investigation Strategies.
 - Defining a teacher's role in preventing and reporting bullying.
 - Identifying ways to work moral engagement into daily lessons.
 - Cyberbullying and school climate.
 - Obstacles in the fight to stop cyberbullying.

Day 6

- Social networks.
- Dealing with cyberbullying.
- Protecting yourself online.
- Cyberbullying and the law.
- The Effects of Cyberbullying.
- Cyberbullying Prevention
- Social Media Safety Tips
- Practical work, case scenarios and discussion

Day 7

- Erasmus+ program : objectives, priorities, actions, forms, budget, tips for applicants.
- Planning follow up activities, dissemination and exploitation of learning outcomes.
- Course Evaluation.
- Certifications.



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