

Cyberbullying and how to face it

Presentation Slides



CyberEco

معاً لنأمن الشبكة الرقمية
Together to support digital safety



Primary School



الوكالة الوطنية للأمن السيبراني
National Cyber Security Agency

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Time Table for the Lecture

Content	Allocated Time
General introduction	5 minutes
The theoretical aspect and the trainer's explanation	30 minutes
Videos	30 minutes
Training games	30 minutes
Dialogue and discussion with students	20 minutes
Graduation project	5 minutes
Total training time	2 hours

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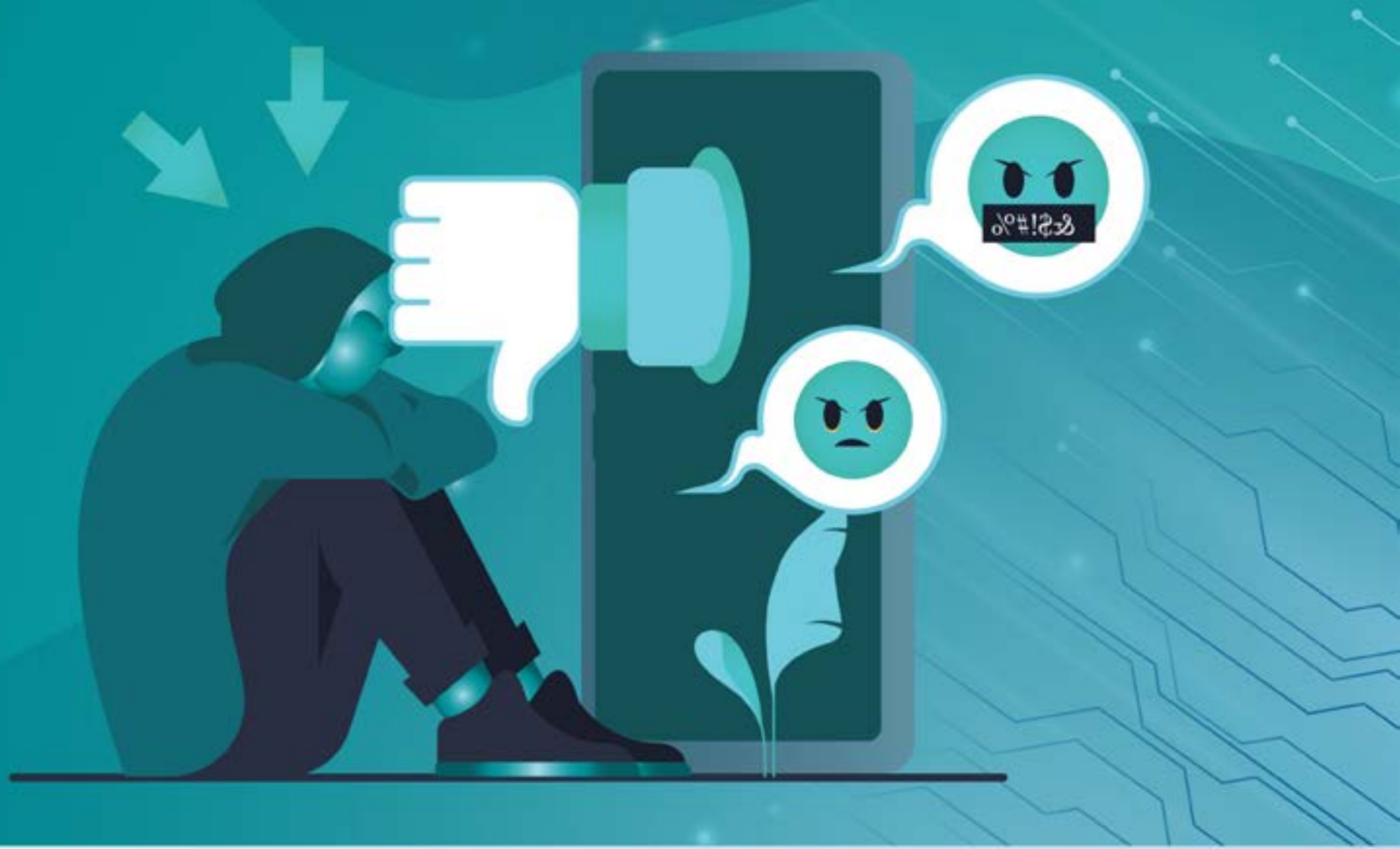
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Chapter one

The Concept of Cyberbullying



Firstly: What is meant by cyberbullying?

Bullying in its general meaning is:

Refers to a repeated pattern of negative behaviour intended to harm or harass, initiated by a powerful person against a weaker one.



Bullying encompasses three elements:

```
graph TD; A[Bullying encompasses three elements:] --- B[The aggressor:]; A --- C[Victim:]; A --- D[Goal:];
```

The aggressor:

The one engaging in bullying behaviour against another person.

Victim:

The person targeted by bullying

Goal:

The goal of bullying is to cause psychological and emotional harm to the victim.

Cyberbullying

is all acts intended to emotionally or socially disturb the targeted victim through correspondence, dissemination, or sharing of private or fabricated information or images to cause harm, embarrassment, or to notify them with the intent to humiliate.



Secondly: Aspects and forms of cyberbullying:

- **Ridiculing through online polls**, such as posting a picture on social media and inviting people to vote and make fun of someone's appearance.
- **Defaming someone through rumours**, or publishing false information or disturbing images.
- Repeated harassment or insults.
- **Impersonation or identity theft**; to embarrass or harm someone.
- **Online disclosures of secrets.**
- **Exclusion**, deliberately excluding someone from an online group.
- **Insulting messages.**
- **Cyberstalking.**
- Defamation.
- Identity theft.
- **Exploitation or luring through messages.**

Cyberbullying tools:

Social media platforms:  Facebook,  Instagram,  Tik Tok,  Snapchat



Text messages and messaging applications.



Online instant messaging.



Email.



Video games.

Methods of cyberbullying:



6

Deceptive web links:

where the cyberbully shares news story or information that is of interest to the targeted victim, and upon clicking on it, the cyberbully can post inappropriate news and images on the victim's page.

Types of cyberbullying:

Cyberbullying can be divided into several types, including:

1

Online satire:

means name-calling and verbal abuse in posts and comments.

2

Content creators bullying (bloggers):

A content creator or well-known online personality mocks and bullies some of their followers.

3

Group cyberbullying "online ostracism":

The targeted victim is socially ostracized online, after online campaigns that damage her reputation.

4

Espionage:

One of the easiest behaviours to commit in the digital world, using specially designed programs and applications to spy on others' privacy and violate it.

5

Cyberstalking:

The targeted victim receives a continuous stream of messages from the cyberbully with the intent to threaten, harass, and continually distress them.

Examples of cyberbullying

- **Insulting** or offensive online comments.
- **Spreading rumours** on various social platforms.
- **Threatening harm**, or writing threatening words, such as “Go kill yourself”.
- **Posting videos or images** that harm the victim.
- **Impersonating the true identity of the owner** of an account on social media platforms for the purpose of espionage.
- **Sharing racist images**, comments, or jokes related to the victim’s personal characteristics, such as his size, colour, or lineage.
- **Creating a page on social media** platforms specifically to harm someone.
- **Leaking documents by Sharing part of personal information**; such as a personal ID picture, home address, phone number, or links to personal accounts on social media, motivated by revenge and harm.

The behaviour of a child who is a victim of Cyberbullying

The desire of stop using electronic devices.

Suddenly deleting social media accounts.

Withdrawing from family or friend gatherings.

Noticeable mood or behavioral changes.

Feeling anxious and stressed.

A decline in academic performance.

Depression and sadness.

Sleep disturbances.

Loss of appetite.

Causes of cyberbullying

Cyberbullies target victims for a various reasons and motives, including the following:

- Jealousy of the targeted victim.
- The cyberbully may himself be a victim of bullying by someone else.
- The desire of the cyberbully to control others.
- The cyberbully's attempt to cover up their own weakness by appearing strong and dominant to others.
- An attempt by the cyberbully to escape from a state of frustration.

Thirdly: Risks of Cyberbullying

Statistics about Cyberbullying:

- > **(18%)** of children and adolescents in the worldwide have been exposed to cyberbullying.
- > **(7 out of every 10 people)** who use the internet in the worldwide have experienced mistreatment at some point in their lives.
- > **Only (15%)** of students admit to being exposed to cyberbullying.
- > **(10%)** of cyberbullying victims do not report their experiences to adult.
- > **(64%)** of the students have stated that their exposure to cyberbullying negatively impact on their academic performance and their feelings of fear and insecurity.
- > **(79%)** of parents confirmed that their children have been threatened with physical harm while playing online.

Statistics about Cyberbullying:

- > (25%) of students who are cyberbullied resort to self-harm as a way to cope with the situation.
- > (38%) of individuals experience daily cyberbullying on social media and platforms.
- > Children aged 10-9 are the most susceptible to cyberbullying on gaming sites, while those aged 16-13 are most affected by cyberbullying on social media.
- > One in five students reported that they had dropped out of school due to cyberbullying.
- > One in three people in 30 countries have been victims of online cyberbullying.

Fourthly: Effects of Cyberbullying:

**Emotional
Effects of
Cyberbullying**

**Mental
Effects of
Cyberbullying**

**Behavioural
Effects of
Cyberbullying**

**Physical
Effects of
Cyberbullying**

**Effects
of bullying
on the bullies**

Emotional Effects of Cyberbullying

Cyberbullying represents a significant source of stress in children's lives, and this emotional pressure manifests through the following aspects:



Mental Effects of Cyberbullying



Depression
and anxiety.

Low self-esteem.

Academic problems.

Negative thoughts and self-harm.

Behavioural Effects of Cyberbullying

1

Substance abuse: A study found that people targeted by cyberbullying were 2.5 times more likely to become addicted, compared to their non-cyberbullied classmates.

2

School absenteeism

3

Carrying weapons: An investigative study found that people targeted by cyberbullying were eight times more likely to have brought a weapon to school in the last 30 days, compared to their non-cyberbullied classmates

Physical effects of cyberbullying



Digestive
system
problems.

Eating disorders.

Sleep disturbances.

Effects of bullying on the bullies

Academic deprivation and school expulsion, leading to educational deficiencies and a decline in academic performance.

Complete school dropout.

Involvement in criminal activities and legal violations.

Behavioural deviation

Constant fighting and property vandalism.

Chapter two

How to Confront the Risks of Cyberbullying

Firstly: How can I Protect Myself from Cyberbullying?

- 1 Avoid complete immersion in the world of Internet and technology, and use it only for beneficial educational purposes.
- 2 Do not give social media relationships more space than they deserve.
- 3 Avoid sharing daily life details, relationships and events on social media.
- 4 Keep important information or documents in paper form away from the risk of hacking or tampering.
- 5 Protect your emails and accounts.
- 6 Ignore the attempts of cyberbullies and not respond to them.
- 7 Provide concise and assertive responses to cyberbullying attacks.
- 8 Preserving all evidence that indicates cyberbullying attempts to use when reporting.
- 9 Downplay the situation and avoid exaggeration.

Steps to stop cyberbullying

- **Tell a trusted person:** like parents or teachers.
- **Keep evidence:** Preserve all posts and messages received from the cyberbully, by taking screenshots or capturing images on your smartphone, including recording the time and date.
- **Avoid responding:** Every cyberbully's goal is to provoke their victim to anger, to push them to behave incorrectly or say inappropriate words.
- **Maintaining data security:** Limit the number of personal photos and information your child shares online, ensuring they know how to secure their password and change it regularly.
- **Beware of cyberbullying others:** Respecting others' feelings and privacy online is one of the means to combat cyberbullies. With repeated bullying behaviour targeting some children, the child gradually turns into a bully believing that it will solve the problem and reduce its psychological and nervous impact on them.

Secondly: The entities I Turn to When Facing Cyberbullying:

- 1 At your school, **you can contact the social counsellor or your favourite teacher.**
- 2 If you do not want to talk to someone you know, **you can call a certified helpline in your country to speak to a specialist.**
- 3 **Gathering evidence**, whether text messages or screenshots of posts on social media, can be helpful in demonstrating what has transpired.
- 4 Reporting is considered a key step in stopping cyberbullying and **can show the bullies that their behavior is unacceptable.**
- 5 **In case you are in direct danger**, you should contact the police or emergency services in your country immediately.
- 6 If you are emotionally and psychologically affected and experiencing depression or anxiety due to cyberbullying, **you should seek support from a trusted adult or access a specialized helpline.**
- 7 If cyberbullying occurs on a social media platform, **consider blocking the bullies and officially reporting their behavior on the same platform.**

Facebook



You can directly report any bullying within Facebook, and it can be done anonymously; there is no need to disclose your identity when reporting against the bully.

Instagram



On Instagram, if you come across an account that was created with the intention to harass or harm someone, or if you see a comment or image that aims to harass or harm someone else, please report it through the platform.

Twitter



Twitter

- **Go to the tweet you want to report** via twitter.com or through the Twitter app.
- **Select the More icon.**
- **Select Report.**
- **Choose the recipient of the report:** Yourself, someone else, a specific group of people, or all Twitter users.
- **Provide additional information about the problem you are reporting,** and specify additional Tweets from the account you are reporting.
- **Verify** the information you provided by **checking the content you are reporting** and the additional context you shared, as well as the potential policy violated by this content.
- **The text of the reported tweets** will then be included in the email messages and notifications that are sent.
- After submitting the report, **recommendations will be provided** on additional actions to improve the use of Twitter.

To report an account, follow the steps below:

- Go to this account's profile you want to report, and **select the More icon**.
- **Choose Report.**
- **Select the recipient of the report:** Yourself, someone else, a specific group of people, or all Twitter users.
- **You will then be asked to provide additional information about the problem** you are reporting, and specify tweets from this account for better context in assessing your report.
- The information you provided will be **verified by checking the content you are reporting.**
- **The text of the reported tweets** will be included in email messages and notifications sent for follow-up.
- After submitting the report, **recommendations will be provided** for additional actions to enhance your experience on Twitter.



Did you know that...?

Reporting incidents
of **cyberbullying** is
the best solution.



Pay Attention!

Cyberbullying:

A modern form of bullying, where bullying shifts from the traditional social environment to the online world using various social media tools.





Exercise 1

Match the terms from column (A) with their corresponding terms from column (B):

Instruction

Carefully read the sentences in the table, starting with the first sentence in column (A). Then, search in column (B) for the sentence that completes its meaning. Below is an example of linking two sentences.

Physical Bullying

Verbal Bullying

Social Bullying

Emotional Bullying

Property Bullying

- Harassment, threats, humiliation and exclusion from the group.
- Taking others' belongings and items without permission or damaging them.
- Name-calling, cursing, mocking, and harassment.
- Beating, pushing, kicking and punching.
- Social exclusion and spreading rumours.

Did you know that...?

Cyberbullying can take place through several means, such as phone calls, messaging, email, or social media applications.



Pay Attention!

Doxxing:

This means **publishing part of personal information**, such as a personal ID, home address, phone number, or **links to personal accounts on social media**.

This is usually done out of revenge and to harm the target.



Exercise 2

Choose from the following table **the types of cyberbullying**, and colour them with one of the colours:

Carefully read the words and phrases in the table, and think about whether these words represent **types of cyberbullying**. For example, **offensive messages** are considered a type of cyberbullying.



Animated Drawingsa



Harassment



Offensive messages



Insults



Cyber rage



Deception



Identity Theft



Information



Articles



Exclusion



E-Account



Defamation



Contempt



Rumours



Image



Video Clips



CyberStalking



Jokes



Data



**Revealing
Secrets**

**Pay
Attention!**

+

Cyberbullying:

appears through
text messages,
applications, and
social media
platforms, and also
video games that
provide chat and
content-sharing.



Exercise 3

Identify the **correct** and **incorrect** actions from the following phrases and place them in the table:

Read the phrases below carefully, and think about whether these phrases represent correct actions. Place the correct behavior in the "**Correct**" column and the incorrect behavior in the "**Incorrect**" column. (An example is provided in the table.)



	Correct	Incorrect
• Use a strong password.	Correct	
• Sending threatening messages to others.		
• Threatening others.		
• Do not share any personal information about yourself.		
• Impersonating someone else.		
• Defaming others with rumours.		
• Contempt others and sharing their secrets without their consent.		
• Do not open any unknown links.		
• Sharing your personal data with others.		
• Cyberstalking.		
• Avoid entering unfamiliar websites.		
• Respecting the opinions of others.		
• Avoid posting personal photos on social media.		



Instruction

Read the phrases in the table carefully, and think whether these phrases represent an impact of cyberbullying. If they do, place a (×) mark in the adjacent column. (An example has been provided for clarification.)



Exercise 4

Place the (×) mark next to all the phrases that represent the impact of cyberbullying:

1

Self-confident

☐

2

Loss of self-esteem

☐

3

Desire to be in social gatherings

☐

4

Refusing to go to school

☐

5

Feeling embarrassed

☐



6

Desire to confront society



7

Focus and good academic performance



8

Engaging in various discussions and activities with others



9

Suicide



10

Loss of focus and declining academic performance and grades



The background is a solid teal color. Numerous hands of different skin tones (light skin, tan skin, and dark skin) are shown pointing their index fingers towards the center of the image. Some hands are pointing directly at the text, while others are pointing towards the edges. There are also some white speech bubbles with a grey 'X' inside, and one small white circle with a grey angry face icon.

Pay Attention!

Bullying:

Refers to a repeated pattern of negative behaviour intended to harm or harass, initiated **by a powerful person against a weaker one.**



Exercise 5

Match the phrases in the first column of the following table, with what aligns with them in the second column of the table

Cyberbullying leads to:

Instruction

Read the sentences in the table carefully, starting with the first sentence in the first column. Look in the second column for the sentence that completes its meaning.

(Below is an example of matching between two sentences)

The victim loses...

The victim suffers from a feeling of.....

The victim loses the desire to go out and...

The victim of cyberbullying focuses on what is happening to him and loses...

The victim of bullying avoids...

The victim of bullying refuses to be present...

Cyberbullying leads to

and faces society.

his concentration and is distracted from studying and academic achievement.

his respect and self-esteem.

Suicide.

in gatherings.

Participate in activities and discussions with others.

anxiety and tension all the time.

Did you know that...?

Cyberstalking is a type of cyberbullying where the perpetrator sends offensive messages to the victim through email or social media **platforms**





A decorative graphic on the left side of the slide. It features several floating social media icons: an exclamation mark, a question mark, an at-sign, a hashtag, and a thumbs-down icon. Below these icons are four stylized orange hands pointing upwards towards the text. The background is a teal gradient with a diagonal split.

Pay Attention!

Cyberbullying: allows the bully to harass the victim at any time and reduces responsibility and accountability, unlike traditional bullying that occurs face-to-face.

Exercise 1:

Help (Hamad)

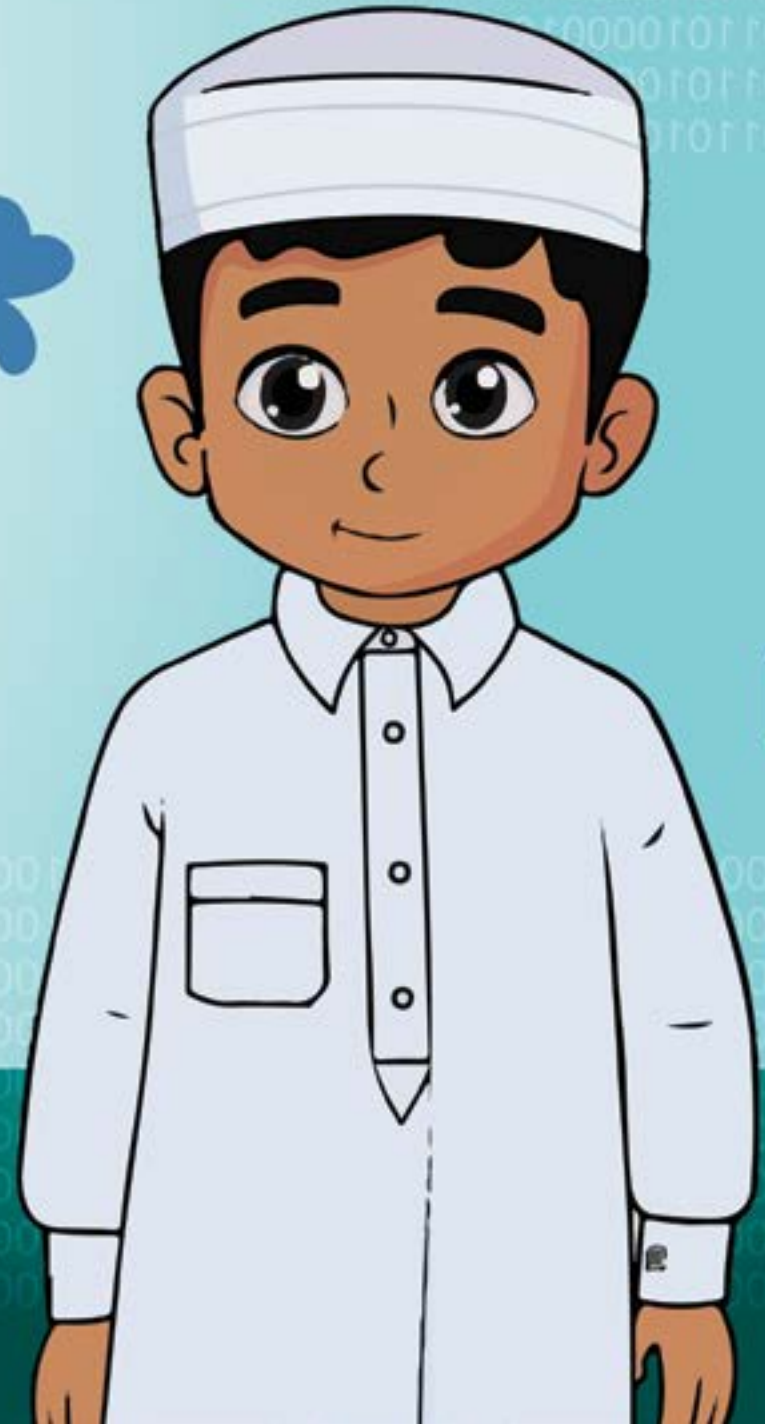
Hamad received a text message on his phone from one of the application, so he quickly opened it, thinking his friend sent it to him, However, when he opened it, he found a lot of insults and hurtful words. (Hamad) cried hard and felt afraid.. Can you tell Hamad how to behave with this difficult situation?

1. He shouldn't tell anyone.
2. He should inform his family about what happened.
3. He should tell his friend.
4. He should tell his school teacher.

☐
☐
☐
☐

Did you know that...?

Internet and social media **addiction** are considered contributing factors to the occurrence of **cyberbullying**.



Exercise 2

Arrange the following phrases according to the logical sequence.. How do you protect yourself from cyberbullying?

Instruction

Read the sentences in the table carefully, and rearrange the sentences so that the first sentence expresses the first behaviour you should take when exposed to cyberbullying, and the second sentence is the second behaviour, and so on:

1	Keep a copy of the messages or pictures sent by the cyberbully.	
2	Don't respond to the cyberbully.	
3	Finally, you can turn to legal authorities and cybercrime police.	
4	Immediately talk about what you are experiencing with your mother or father.	
5	Ask the cyberbully to stop what they are doing.	
6	Don't try to threaten the cyberbully.	
7	Block the cyberbully from all your online accounts.	
8	Inform your service providers about the cyberbullying you are experiencing.	



Pay Attention!

Identity theft:

The bully pretended to be someone else, sending or posting online content to endanger someone, threatening their reputation.



Exercise 3

Place the word **"Do"** or **"Don't"** in front of each phrase that helps you protect yourself from cyberbullying:

Instruction

Read the sentences in the table carefully, and determine whether the sentence represents a correct action or incorrect one.

If it is correct, write **"Do"** in the corresponding column, and if it is incorrect write, **"Don't"** (Below are two solved examples)

1. Delete the threat messages sent to you by the cyberbully.	Don't
2. Threatening the cyberbully and annoy them.	Do
3. Not to respond to cyberbullying messages.	
4. Block the cyberbully from all your online accounts.	
5. Keep silent and avoid talking to family or teachers about what you are exposed to.	
6. Keep a copy of all messages sent to you by the cyberbully.	
7. Ask the cyberbully to stop what they are doing.	
8. Inform your service providers about what you are experiencing.	
9. Share your personal information and data online.	
10. Participation in cyberbullying campaigns against others.	
11. Talking to your family or your school teacher about what's happening with you.	
12. Agree with the cyberbully and do whatever they tell you to do.	
13. Fear of cyberbully and remain silent about what they are doing.	
14. Resorting to the cybercrime police.	
15. Use a strong password.	

**Pay
Attention!**

Defamation someone through rumours, spreading false information, or disturbing images; a form of **cyberbullying**.





Place the appropriate word in front of each sentence

- One of the online bullying channels, consisting of two parts, each part having three letters, and is considered one the most common social media platforms
(Consists of 20 letters)
- Insulting and humiliating messages sent via email.
(Consists of 20 letters)
- Distorting reputation by spreading rumours is a form of
(Consists of two words)
- Name calling and verbal abuses characterized by racism and hatred while on social media platforms, it is called
(Consists of two words)
- Carried out by apps with the aim of knowing others' personal information and blackmailing or defaming them online is
(Consists of one word)
- Academic decline, loss of appetite, and headache; they are all effects of
(Consists of two words)



Place a checkmark (True) or (False) next to each sentence

Cyberbullying does not cause psychological or physical harm to the victims.

Children who fall victim to cyberbullying rarely suffer; from anger and feeling of humiliation.

Victims of cyberbullying find it difficult to feel safe.

Children who are victims of cyberbullying do not lose their desire to study.

Complete immersion in the world of the Internet and technology is one way to protect against cyberbullying.

It is not advisable to keep evidence of cyberbullying attempts.

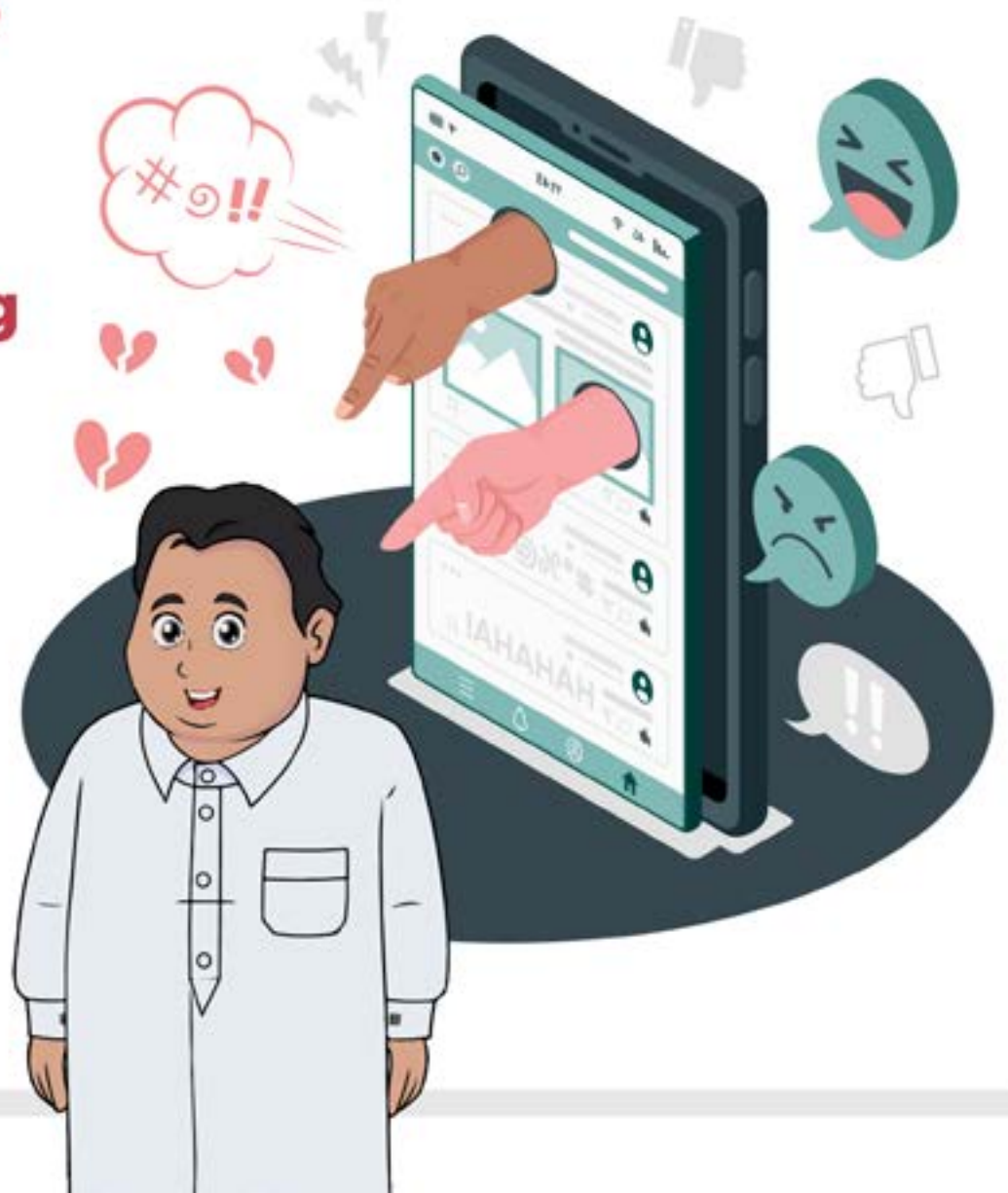
You should not inform anyone if you receive threatening or offensive messages from a follower on Facebook.

If you are exposed to cyberbullying, it is better to engage with the cyberbully.

Social media platforms do not care about reporting cases of bullying on their sites.

Pay Attention!

Students who become victims of cyberbullying often suffer from anger, isolation, depression, illness, and humiliation.



Examples of suicides due to online harassment

01

• **Hannah Smith (14 years old):**
She committed suicide due to online harassment related to her weight.

02

• **Izzy Dix (14 years old):**
She Was exposed to online harassment.

03

• **Nadia (14 years old):**
An Italian teenager, who committed suicide after receiving abusive messages when seeking online support.

04

• **Rebecca Sedwick (12 years old):**
She committed suicide in Florida, after receiving continuous online harassment by two girls.

05

• **Megan Mayer (13 years old):**
Experienced online deception that led her to commit suicide.

06

• **Phoebe Prince (15 years old):**
An Irish immigrant to the United States, she killed herself after continuous online harassment by five teenagers.

Sketches

- **Cyberbullying** is not limited to just some offensive words; it can go beyond annoyance and reach the level of threats and criminal harassment.
- Did you know that only one out of every 10 victims informs a trusted adult about **cyberbullying**?
- Minimizing and not exaggerating the situation is one of the defensive means against **cyberbullying**.
- To protect yourself from **cyberbullying**; ignore the bully's attempts and avoid responding to him or give him any attention.



Sketches

- To prevent **cyberbullying**; avoid sharing all daily details, relationships, and events on social media platforms, to prevent them from being exploited.
- Social relationships formed through **social media sites** lack real-world knowledge; so they cannot be relied upon..
- Sleep disturbances and digestive problems are negative effects of **cyberbullying**.
- Skipping school is not a solution to **cyberbullying**; inform your teacher or one of your parents immediately when exposed to cyberbullying.



Pay Attention!

Deceptive Web Links:

The bully posts news or information of interest to the targeted victim online, and once he accesses it, the bully can share inappropriate news and images on the victim's page.



Graduation Project

The graduation project is an assignment that you undertake on your own or in collaboration with one or two of your colleagues, under the supervision of the trainer. Through it, you are required to perform one of the following assignments:

- Writing a short story about a child who has experienced cyberbullying, and the student will write about how the child was affected by cyberbullying and how he dealt with it.
- The student takes on the role of the trainer and writes general instructions for his colleagues or parents, explaining the procedures required to prevent digital bullying.



Pay Attention!

In video game platforms, players can hide his identity and use pseudonyms, making cyberbullying more likely, especially with no real control to prevent this harmful behaviour.





Interactive games

Random Cards





• **First Card**
When exposed to
cyberbullying
while using your
computer at home,
**who do you turn
to?**



PASSWORD PROTECTED



• Second Card

What are the things
we should do to
avoid falling victim to
cyberbullying?



- **Third Card**

If you receive a **message** with **offensive words** on Facebook, **what do you do?**





• Fourth Card

What will you do if someone says **hurtful words** in a comment on one of your social media posts?

- **Fifth card**

If you come across a schoolmate who is sad and sitting alone, and you know from him that someone is blackmailing and threatening him online. After thinking, **what will you do to help him?**





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