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Erasmus+ Programme
of the European Union

EUROPEAN STEP TO STOP CYBERBULLYING

2017-1-TR01-KA219-046212_3



UNPLUG YOUR HATE AND BE MY MATE!

GUIDELINES AGAINST CYBERBULLYING
DEVELOPED BY THE STUDENTS IN THE MEETING OF
PONTEDERA (ITALY) - 21/27 OCTOBER 2018

We share this Manifesto

The Manifesto of Non-Hostile Communication

1. Virtual is real

On the Internet, I only write or say what I would dare to say in person.

2. You are what you communicate

The words I choose define who I am. They represent me.

3. Words shape the way I think

I take all the time I need to express my views in the best possible way.

4. Listen before you speak

No one can always be right, and nor am I. I listen, with an honest and open-minded attitude.

5. Words are bridges

I choose words to understand, make myself understood and get close to others.

6. Words have consequences

I am aware that what I say or write can have consequences, small or serious.

7. Share with care

I share texts and images only after I have read, assessed and understood them.

8. Ideas can be discussed. People must be respected

Those whose views and opinions differ from mine are not enemies to be destroyed.

9. An insult is not an argument

I accept no offensive and aggressive words, even if they support my point of view.

10. Silence says something too

When it's better to keep quiet... I do.

(by paroleostili.it)

What can we do?

WHAT CAN STUDENTS DO ABOUT CYBERBULLYING?

- **Do not join the bully:** Teenagers shouldn't be a part of bullying by liking their offensive comments on social media or laughing at them.
- **Do not be afraid to report any incident:** Students should always talk with their parents about what they do on social media.
- **How can we report?:** Students can create a blog in order to inform other students about cyberbullying and the impacts it has in all of us!
- **This blog includes:** Teachers, counselors who volunteer to talk with students that have been bullied and are embarrassed to talk face to face. Links, videos of victims' stories, how they have overcome them, their advice... A guideline for students.
- **Blog's Guideline:**
 - ✓ **How to prevent?**
 - Make your accounts private. Do not let strangers see your photos, posts. Do not share your passwords.
 - ✓ **What to do if you are being bullied?**
 - Talk to someone who can help you. (Parents, teachers...); Do not respond with hate. Do not believe what bully says. S/he's not better than you.
 - ✓ **If You Are A Bully...**
 - Let's think a bully is surfing online and these following points are what they will see when they come across this blog: Photos that will catch their attention like the commercials on websites or clickbaits on Youtube. Articles written by psychologists about bullies' inner problems and reason of their behaviours.

Students Can Create School Clubs:

These clubs will organize different events to give information and raise awareness about cyberbullying.

Cyberbullying Day:

Students can create different 'stations' inside their school. At every 'station' there could be something special concerning cyberbullying. For example, students and their parents can watch short films in a station. Also, there can be psychologists, police officers and lawyers that can talk and give information to people who joined the fair.

**Cyberbullying is a worrying issue and
it must be stopped.**

Together we can do that!

WHAT CAN SCHOOLS DO ABOUT IT?

Prevention

EDUCATE PARENTS AND STUDENTS

- DO SOME KIND OF DYNAMIC EXERCISE :theater with the students of the school so that parents can learn more about this issue and understand how to prevent and stop it. Once a year.
- REENFORCE CONNECTIONS WITH A CAMPING DAY: a day where every school and non-school community, mostly students, go camping and learn how to cooperate with each other without using the internet. 3x a year.
- A CYBERBULLYING DAY: A CYBERBULLYING DAY: using this day to make some activities related to the issue, such as watching films about cyberbullying , talking about how to prevent this problem and what to do when we are the victim, explaining how can students act when they are only witnesses. – A sort of a “Cyberbullying Awareness Day”. Once a year.

- ***Solutions***

THE SCHOOL CAN OPEN A LISTENING AREA

- SCHOOLS SHOULD HAVE A LISTENING AREA where students can talk with a psychologist anytime they need. In addition, there could be a HELP BOX in a more private place (e.g. in the bathroom, where no one sees), where students who are victims of cyberbullying could put their requests of help, writing on a small paper their name and their number or e-mail, so then they could be contacted later

by a teacher to arrange a meeting. The box could be checked 3 times a week for example.

- **REEDUCATE THE BULLY FACE TO FACE:** The school should try to let the victim and the bully talk face to face so that the victim could confront the bully about the things he had done. In addition, the victim could show the teachers, police or psychologists the offensive messages and posts that the bully has send to the victim.
- **PRIVATE CLASSES FOR THE BULLY:** Teachers can organize private classes with the bully to understand the reasons for his/her actions, but mostly to help him/her getting a better behavior.

What can family do against cyberbullying?

- The family shouldn't put limits to the time that children can spend on the internet, the family should teach them how to use the internet properly;
- Family should talk to their children about their personal experience as kids in order to make them feel comfortable and supported;
- In a situation of cyberbullying, if the child is a bully, parents should make him/her understand that that behaviour is wrong so that he/she can feel empathy towards the victims.
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WHAT CAN INSTITUTIONS DO TO STOP CYBERBULLYING?

Teachers

- Teachers should be educated with the help of Minister of Education and instruction.
- Some seminars and conferences about cyberbullying have to be organised by the Minister of education and instructions should be given before the future teachers start to work officially at schools.
- This issue should be taught by lawyers and psychologists in a more practical and interactive way in order to deeply understand the situation and enable teachers to help both the victims and the bullies

Media

Cartoons:

- Cartoons can be created with the help of the State and the Minister of Education .
- It should be a famous cartoon that everyone knows about, often seen on international TV channels.
- However, the message has to be conveyed in a simple way, so everyone can understand how cyberbullying is affecting our lives in general.
- The bully gets uglier and uglier everytime he/she bullies someone

TV:

- With the help of the European Union or an international government collaboration in cooperation with famous producers , singers or actors.
- They have to present different stories of victims enroled by different actors (famous or not) in each episode .
- They have to be available on famous international channels but also in the internet .
- One hour a day should be dedicated to programmes about cyberbullying (bullying) on TV.

Institutions, stop the cycle of cyberbullying!

Document developed by students of the following schools:

- *Liceo Statale “Eugenio Montale” Pontedera – Pisa – Italy*
- *Eskisehir Anadolu Lisesi, Eskisehir – Turkey*
- *Escola Básica e Secundária Quinta das Flores, Coimbra – Portugal*
- *Gel Kavalas, Kavala - Greece*