DON'T
BE MEAN
BEHIND
THE
SCREEN

The project's aim is to provide knowledge, examples of good practice and innovative methods of youthwork to youth workers, volunteers and member partner organizations on the topic of cyberbullying and its prevention.

Since the outbreak of the pandemic, we have witnessed an increase in violence and hate speech on the internet, social media and online in general.

The knowledge gained in this training and the provided tools will enable Youthworkers to communicate better with young users, will ensure easier problem solving and ultimately the satisfaction of young people with positive attitudes and a healthy environment.

The project is funded by the Agency for Mobility and EU Programs through the Erasmus + program.

This brochure was made as part of the training course "Don't be mean behind the screen" that was held in Rabac, Croatia, in the period of 13th till 18th of September 2021.

PROJECT PARTNERS:

Association Alfa Albona, *Croatia*

EFM, *Poland*

Udruženje Svetlost, *Serbia*

Asociacion Juvenil Alemnaras, *Spain*

Kontroll V, *Hungary*

European Association World-Our-Home, *Latvia*

Associazione Inco Interculturalita & Comunicazione, *Italy*

ASSOCIATIONS ABOUT
BULLYING

fight

school

"hope you die tomorrow"

constant

neverending

victim persona

group

majority

minority

group

individual

anxiety

helplessness

hitting someone, making fun of in person

differences

lack of empathy

very often children bully each other at school

it's like hurt-

ing someone to gain something

school harassment

group exclusion

no social network to rely on

childhood bad memories

psychologist

be apart from the group

to receive negative comments

hurting someone directly

harassment

aggression

sadness

helplessness

loneliness

peer pressure

when someone in a group of people hurt someone verbally or any other way who cannot protect themselves

feel power over weaker one

violence (any kind)

hate speech

oppression

hurt

group

aggressive behaviour

pathetic

shame

direct contact with a person

being mean because of low self esteem

CYBER-BULLYING

invisible danger

hate speech
verbal assault
against mental most
often

when group of people
make fun of one per-
son or other group
of people

anonymous

it's like bully-
ing, but you hide
yourself behind the
screen so no one
knows who is it

social media

no identity

to be attacked on
the internet

hurting someone
without direct con-
tact in reality

using social media
for bullying

shame

crime

alienation

impersonal

social media "social
bubble intolerance"

social networks

looks

fame

"I'm the best"

lack of privacy

public comments

easier words

digital
technologies

harmful

mean

content

no escape

faceless

dangerous

hiding

anonymity

family doesn't know

social network com-
ments

BULLYING IS REPEATED AGGRESSIVE BEHAVIOR THAT CAN BE PHYSICAL, VERBAL, OR RELATIONAL, IN-PERSON OR ONLINE.

WHAT ABOUT *CYBER-BULLYING?*

CYBERBULLYING IS THE USE OF EMAIL, INSTANT MESSAGING, CHAT ROOMS, PAGERS, MOBILE PHONES, OR OTHER FORMS OF INFORMATION TECHNOLOGY TO DELIBERATELY HARASS, THREATEN, OR INTIMIDATE SOMEONE.

It can include such acts as:

• Making threats
• Sending provocative insults or racial or ethnic slurs
• Gay bashing
• Attempting to infect the victim's computer with a virus
• Flooding an email inbox with nonsense messages
• Posting or spreading false information about a person with the aim of harming the person or their reputation
• Singling someone out and inviting others to attack or make fun of him or her.

• Pretending to be someone else to make it look like as if the other person said things he or she doesn't believe or that aren't true about him or her.
• Sharing images of a person, particularly in an embarrassing situation, without his or her permission.
• Sharing emails without the writer's permission.
• Pressuring others to exclude someone from a community (either online or offline).
• Repeatedly sending someone nasty, mean and insulting messages.

CYBERBULLYING CAN BE
PARTICULARLY DIFFICULT TO
ADDRESS BECAUSE THE INTERNET
ALLOWS FOR MORE ANONYMITY THAN
IN OFFLINE COMMUNICATION.

IT CAN ALSO BE MORE INTRUSIVE,
OR MORE PERSISTENTLY
INTRUSIVE, BECAUSE IT CAN TAKE
PLACE EVEN WHEN THE BULLY IS
NOT PHYSICALLY PRESENT.

ONCE A BULLY KNOWS HOW TO
CONTACT HIS OR HER 'VICTIM',
THE BULLYING CAN BE CONSTANT
AND DIFFICULT TO AVOID.

FOR THIS REASON, IT IS
IMPORTANT THAT YOUNG PEOPLE
ARE AWARE OF THE DANGERS OF
GIVING OUT PERSONAL DETAILS.

IS CYBERBULLYING THE SAME AS HATE SPEECH?

WHAT IS THE LINK?

Cyberbullying is a power relation directed against an individual, while hate speech usually calls for hostility and violence against a whole group of people.

However, for their victims, both are forms of violence and humiliation.

Hate speech and cyberbullying use the same online channels. They are often happening against individuals who are considered different, either because of their background, disability, ethnicity, or other reasons. They both make use of insulting and harassing communication.

In many instances, cyberbullying and hate speech are combined and this is very damaging to individuals and groups, for example, bullying that takes advantage of the victims' gender identity, sexual orientation or ethnic background.

At the same time, building the resilience of young people in combating hate speech can support their resilience in dealing with cyberbullying and vice versa.

Internet literacy is a support in empowering young people to understand the issues at stake on the Internet and to protect themselves or react to abuse when it occurs.

KEEP YOURSELF SAFE!

Young people need to be able to recognise warning signs, to use their judgment about the best way to respond to individual instances, and to know the precautions they can take when a threat appears real.

They should also be aware that there are organisations which may offer support or advice, or which will help if more 'official' steps need to be taken, including legal actions.

Some of the national campaigns of the No Hate Speech Movement provide information about help lines reporting to police authorities.

WHAT CAN I DO?

HOW

- Do not respond! Very often a response is just what a potential abuser wants. Never retaliate as this will only escalate the problem.
- Share the problem with someone you can trust: ask their advice.
- Report the problem to an organisation working on youthsafety online
- Report the behaviour to the website owner / hosting provider.
- Block / report unwanted contacts and people who are behaving inappropriately.
- Change your email address or mobile phone number if either of these is being used to target you.
- If necessary, report the behaviour to the police or contact a lawyer. Online abuse is illegal if it severely impacts on someone's health, safety or psychological well-being.
- Always keep evidence of abusive messages received - including the email address or profile of the abuser. You may need this evidence if an official complaint becomes necessary.

ARE THERE ANY LEGAL ACTIONS?

SCHOOL

Most schools take bullying seriously and will take action against it. If you or your friends are being cyberbullied by other students, report it to your school.

LAWS

Laws against bullying, particularly on cyberbullying, are relatively new and still do not exist everywhere. This is why many countries rely on other relevant laws, such as ones against harassment, to punish cyberbullies.

In countries that have specific laws on cyberbullying, online behaviour that deliberately causes serious emotional distress is seen as criminal activity.

In some of these countries, victims of cyberbullying can seek protection, prohibit communication from a specified person and restrict the use of electronic devices used by that person for cyberbullying, temporarily or permanently.

FACEBOOK / INSTAGRAM / TWITTER

Facebook has a set of Community Standards, and Instagram, has Community Guidelines that they ask their community to follow. If they find content that violates these policies, like in the case of bullying or harassment, they'll remove it.

If you think content has been removed incorrectly, you can also go for appeals.

On Instagram and Facebook, you can appeal content or account removal through their Help Center.

Twitter strongly en-
forces their rules
to ensure all people
can participate in
the public conver-
sation freely and
safely.

These rules specifi-
cally cover a number
of areas including
topics such as:

· Violence
· Child sexual ex-
  ploitation
· Abuse/harassment
· Hateful conduct
· Suicide or self-
  harm
· Sensitive media,
  including graphic
  violence and adult
  content

As part of these
rules, they take a
number of different
enforcement actions
when content is
in violation. When
they take enforce-
ment actions, they
may do so either on
a specific piece of
content (e.g., an
individual Tweet or
Direct Message) or
on an account.

Did you know
A SAFER INTERNET DAY
is being marked yearly?

Next date is
FEBRUARY 8TH 2022!

VISIT
http://www.saferinternet.org

Over the years, Safer Internet Day has become a landmark event in the online safety calendar. Starting as an initiative of the EU SafeBorders project in 2004 and taken up by the Insafe network as one of its earliest actions in 2005, Safer Internet Day has grown beyond its traditional geographic zone and is now celebrated in approximately 170 countries worldwide.

From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.

IN YOUR COUNTRY:

Croatia:
http://www.csi.hr/

Hungary:
http://saferinternet.hu/

Italy:
http://www.generazioniconnesse.it/

Latvia:
https://drossinternets.lv/

Poland:
http://www.saferinternet.pl/

Serbia:
n/a

Spain
https://www.is4k.es/

"Everyone has the right to freedom of expression"

Article 10 European Convention on Human Rights

WHERE IS THE LINE BETWEEN HATE SPEECH AND FREEDOM OF SPEECH?

❝You may ask: "Why should we bother? Don't people have the right to express themselves freely in a democratic society?"

It is true that freedom of expression is a fundamental human right that applies also to ideas that may offend, shock or disturb people. But exercising this right carries clear duties and responsibilities. Hate speech is not "protected" speech; words of hate can lead to real-life crimes of hate, and such crimes have already ruined and taken the lives of too many people.

Hate speech has become one of the most common forms of intolerance and xenophobia in Europe today.

Of particular concern is the increasing presence of hate speech in political discourse and how it has become commonplace in the public sphere, in particular via the Internet.

When the unacceptable starts to be accepted, becomes "the norm", there is a true threat to human rights. The No Hate Speech Movement of the Council of Europe was launched to reduce the acceptance of hate speech online and put an end to its "normalisation".

No one would deny that the Internet provides us with remarkable new tools for communication, solidarity, organising social change and entertainment.

And yet we must not let it be misused as an instrument of online torture and propaganda for the industries and ideologies of hate. Freedom of expression online must also mean freedom from fear online.

The Council of Europe has been a pioneer in defining hate speech and in calling for the condemnation of racism and xenophobia on the Internet. Legal measures are very important, but they are not enough. Education is the only long-term solution: to prevent hate speech, to denounce hate speech and to promote solidarity with the victims.

Learning about, through and for human rights is essential in maintaining an active climate of human rights in the face of the rapid changes which our societies are facing today. This is especially relevant to children and young people, and nowadays should certainly be an integral part of education about media and Internet literacy.

The No Hate Speech Movement campaign of the Council of Europe is carried out by young people themselves: they called for its creation and are deciding how it is run. This is important because it is also young people who are among the most regular victims of human rights abuse online through various forms of hate speech and bullying."

I WANT TO DO SOME-THING!

Raise awareness in your local school, university - organize some workshops, lectures... Have your focus group in mind, make it interesting and easy to understand!

Get involved in civil society - find an NGO you like or start your own! Start writing projects and conducting them in order to reach to more people. Start writing Erasmus + programme projects, learn about good case practices from more experienced people, get a new perspective from people from other countries! Get involved in national campaigns, like No hate speech movement!

If you work in an educational institution, try to squeeze in some education about cyberbullying and responsible usage of the internet in your curriculum.

Educate yourself- the more you know, the better! If you have all the information, you will have better access to all the oportunities!

It's easier when you have partners - find people who share the same passion as you do. When you're not alone, you can make bigger changes, from starting your own campaign that will maybe have wider reach, all the way to lobbying with the decision makers in order to improve actual laws (or to set new ones).

Learn from other people's mistakes - check out other campaigns that were already conducted! What was good, and what could have been better?
Nothing happens overnight, continuity is always better than one-time event.
Pick a better strategy, set your target closely. Follow all the steps!
Who are you reaching to? Choose the right tools to do it. Make it memorable and easy to understand.
Get different people involved - combine partners who have formal and non-formal education!
Be present - be easy to reach for the people who need you and this campaign

— Learn how various social network apps and websites work. Educate yourself so you can detect cases of cyberbullying immediately if they appear.

— Build trust and talk with your children on regular basis - let them know they can come to you for help if they find anything inappropriate.

— Don't threaten to take away their phone or ban the usage of internet - it may be counterproductive.

— Set some rules together with your child- limit time spent online? Limit certain apps? Anything goes, as long as you set the rules together and you mutually agree them on.

— Don't blame it on children - if your kid is being bullied, show them support and understand them. Try to find a solution together.

— Don't overreact and underreact - specially underreact. Don't tell them to "shake it off" or that this is only "children business". Approach the problem from different angles and perspectives.

— Block the bully - encourage your child not to respond the bully. Block hurtful content (like messages, mails, videos, etc).

— If the bullying continues, get law enforcement involved.

Person experiencing any form of cyberbullying:

— becomes upset, sad or angry while being online (or after)

— avoids discussions about computer or phone activities / becomes very secretive about one's "online" life

— becomes "jumpy" when receiving any form of communication (message, email, etc)

— suddenly wants to stop using the computer or other devices (phone, tablets, online games)

— spends more time than usually alone, shows lack of interest in socializing and having activities and hobbies that used to have before

— avoids going to school or to any school activities

— has a sudden decline in school grades

— reports sudden symptoms of illness in order to stay at home

— shows signs of mood changes (like sadness, anger, depression), sleep problems and disorders, changes in appetite...

And remember, prevention is always better than the cure!

Let's start our education with children, since nowadays people are being exposed to the technology at a very early age.

Let's teach kids how to use internet responsibly! Let's teach them how to be more tolerant and open minded!

Let's minimize cyberbullying with the power of guidance and education!