



**THE CYBERSMILE FOUNDATION**

**WHAT IS CYBERBULLYING**  
**AGES 16+**

# WHAT IS CYBERBULLYING?



## OBJECTIVE

To learn the meaning of 'cyberbullying'

## OUTCOME

To remember what the meaning of 'cyberbullying' is to be able to tell someone what cyberbullying is

# CYBER

Anything related to computers, phones or the internet

# CYBERBULLYING

When someone bullies you on the computer, phone  
or over the internet

# HOW IMPORTANT IS IT TO KNOW ABOUT CYBERBULLYING?

NOT IMPORTANT

A BIT IMPORTANT

QUITE IMPORTANT

VERY IMPORTANT



## HOW CAN YOU HELP THE CYBERSMILE FOUNDATION?

It's really easy! Log onto  
[www.cybersmile.org/volunteer](http://www.cybersmile.org/volunteer)  
AND BECOME A CYBERSMILER!

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# WHAT IS CYBERBULLYING?

15MINS

16+YRS

## OBJECTIVE

To learn the meaning of 'cyberbullying'

## OUTCOME

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## INSTRUCTIONS

- 1 - Before introducing the exercise itself, ask each person what they use their phones/the internet for
- 2 - Ask if it ever led to a bad experience for them
- 3 - Introduce the exercise to everyone, and present the objectives and outcomes
- 4 - Ask each person to write down a definition of what they think cyberbullying is
- 5 - If they are unsure what 'cyber' means, present the following definition – "Anything related to computers, phones or the internet."
- 5 - Encourage volunteers to read their definitions aloud
- 6 - Present everyone with the following definition of 'cyberbullying' – "The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature."
- 7 - Ask everyone if they know anything else about cyberbullying
- 8 - Ask if anyone would like to share any experiences of cyberbullying and how it made them feel (be sensitive about the person's comfort in doing this)
- 9 - End the exercise by covering up the definition of 'cyberbullying' (if presenting it using a computer) and asking each person to write down the definition off-by-heart. Tell them they'll be tested! Choose people at random to see if they have remembered it correctly.

## EVALUATION

- Following step 4, ask each person to compare their definitions of cyberbullying with another person. Decide on one to agree with or merge both definitions
- At the end, ask everyone to rate on a scale how important it is to know about cyberbullying and explain their rating (you can use the rating scale on the accompanying slides to do this)

## NOTES

- When presenting definitions, either read them out or use the accompanying slides
- Tell everyone to not worry if they cannot remember the definition word-for-word, but to try their best. Thinking about it is the most important part!