

# Understanding Cyberbullying - Mean Posts & Social Exclusion

## INSTRUCTION

Andy and Kat are concerned about their friend John who is hurt by Razor's online posts. Join them in their discussion in how they can help John.

There are three options to choose from for each decision she needs to make.

Select the answer you think is the best solution.

The best solution gives you 2 points, the next best gives you 1 point and the last gives you 0 points.

 Kat & Andy

 Hello Andy! How are you?

 Hello Kat! I am good. How are you?

 I am good but I think John may not be doing well.

 What happened to John?

 Razor has been saying and doing very mean things to John online.

 Oh yes, he told John to get out of our class chat group and he is not welcomed.

 John is our classmate, so he should be in the chat group.



**Choose a response below**

## Response

What do you think John should do?

**A**

John should tell Razor that he has the right to be in the class group chat and remain in it.

**B**

John should ignore Razor and remain in the class chat group.

**C**

John should tell Razor to get out of the class chat group as he is also not welcomed.



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## Type of Resource:

This is a printable quiz from **Nodma e-learning app** that may be handed out to students to teach them how to act upon situations where they witness cyber bullying or become the actual victims of cyberbullying. Kids will be asked to make decisions on how to respond to a situation where one of their friends (John) is being cyber bullied by another friend (Razor). The actual courseware features customized, animated responses of Kat based on the responses chosen by the student. It also features tips at the end of the responses so that students will learn how to handle their emotions when dealing with cyber bullying either for themselves or for friends who might feel depressed because of the bullying.

## How to use this Resource:

You may use this resource if you are a teacher who wants to impart tips on emotional learning to your students who may witness/experience cyber bullying. Open the topic by citing possible effects of cyber bullying or being mean and trolling others on the internet. You can then print this quiz and let the students answer. Afterwards, you can encourage students to share their thoughts on cyber bullying, their coping mechanisms and how to avoid being a cyber bully or being a victim of cyberbullying.



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## Correct answer for the Question in this Resource:

- For those who answer **A**, give **2 points**. Great advice as John should not let Razor affect him. This is the best choice.
- For those who answer **B**, give **1 point**. Revenge will only cause the fight to continue and both will be hurt.
- For those who answer **C**, give **0 points**. This reply may or may not stop Razor from bullying John.

## More Details about the Resource:

Cywell is the first of its kind fun, highly engaging, interactive courseware produced by SOOS-010 and leading e-publisher Amdon through its proprietary e-learning platform, PageWerkz and using Nodma, the e-learning app with no limits. Cywell is designed to provide students a guide for dealing with online security and safety threats. With just 10 minutes a day for 1 week, both parents/students/teachers can learn about how they can spot warning signs of online dangers that may easily be overlooked by regular people.

What's awesome about Cywell is how it tackles not just protection from online threats but also provides tips on improving one's emotional wellbeing while interacting with other people online. To keep readers engaged, the program is designed in bright, fun colors, peppered with animation clips and lively game immersion. Students will also be inspired to complete game badges because they stand a chance to win movie vouchers.

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