**THE WELLBEING CURRICULUM: KNOWLEDGE ORGANISERS**

**CHAPTER 8: CYBERBULLYING**

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| **Key Vocabulary:****Cyberbullying**: bullying which takes place on a computer, phone or games console.**Trolling**: being unkind online.**Sealioning** and **gaslighting**: ways of making a victim feel uncomfortable. **Pile-on**: cyberbullying involving a group of people.**Social media**: online applications which allow people to share images and words. Most applications are for age 13 or above, some are 16 and above.**Fake** and **anonymous accounts**: created by bullies to hide their real identities. |
| **What is cyberbullying?**Cyberbullying is bullying which takes place online or on digital devices. Unlike bullying in real life, the identity of the bully might be hidden, which makes it more threatening.Cyberbullying happens between adults too. This can sometimes lead to the involvement of their employer and the police. It is a serious matter which can lose people their jobs and get them into trouble. | **Trolling** Trolling is when somebody says unkind or untrue things about someone on the internet. When these are seen or shared with other people, they might join in. This is known as a ‘pile-on’ and the victim can feel very hurt and upset as a result.  |
| **Sealioning** Sealioning occurs when there is an online conversation going on and somebody jumps into the conversation demanding answers and continues to do so. It is a deliberate action, and the intention is to wear away the confidence and patience of the victim so that they give in or get angry online and say something they normally wouldn’t.This can happen in gaming situations involving multiple players with an online chat facility. Often it involves criticism of the way somebody plays, laughing at a mistake and trying to make them leave the game. |
| **Gaslighting** Gaslighting is similar to sealioning, only this time rather than demand answers the attacker makes the victim out to be a liar and questions their version of reality. It might be used to make the victim look like they have done something wrong when in fact they haven’t. | **Organised pile-ons**A pile-on is when lots of different people attack someone online for something they have said or done. Organised pile-ons will be sorted out before a group enters the conversation and every member of the group agrees what they will say and do. It is very unpleasant for the victim as they face criticism from many different people in a very short period of time. |
| **Exclusion** Just like bullying in real life, one aim of the cyberbully is to make someone feel left out. In a multiplayer game, a group could be set up which is a genuine friendship group, but sometimes groups are set up with the intention to attack one member. Players might hide behind an anonymous name and attack someone who is a classmate, who doesn’t know who is doing this to them. Also, this is a way of letting outsiders into a game, people we do not know, which is unsafe.  |
| **Other types of cyberbullying****Online shaming**: this might involve saying something untrue online about someone. If this goes viral, then a very large number of people will see this and might believe it.Creating and sending **offensive pictures**. This is another way of shaming someone. **Pressurising victims**: this is often done to make them say or do something online that can be used to embarrass them later.Creating a **poll** that is abusive.Drawing attention to **harmful** and **worrying websites**. |
| **There is no such thing as delete: getting caught**There are many cyberbullies who believe that by deleting a message or an action from a device, there is no evidence about them.They are wrong:* Firstly, people receiving a message can take a screenshot before it is deleted. This keeps a record.
* Secondly, there is no such thing as delete. Every time we go online, we create a ‘digital footprint’ and everything we do and say is recorded somewhere. If needed, this can be found and can be used to prove that someone has done something wrong.
* A simple rule: never say something online that you wouldn’t say to someone face-to-face and in real life.
 | **Prevent or cure?**Cyberbullying and online risks should not put us off from using the internet, gaming or social media when we reach the right age. When we know how to use digital devices properly and responsibly, they are a great benefit to us, for knowledge and learning, for skills and expertise, and for building networks as grown-ups to connect us responsibly.We are all going to encounter people who do not act responsibly, so the important thing for us is know what to do.* Always have a mindset that asks, “Can I trust this person?”
* Shut down a device if something feels wrong.
* Tell an adult. They can report the site, application and user for you.
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