A COMPARISON BETWEEN TRADITIONAL BULLYING AND CYBERBULLYING

AGES 16+
A COMPARISON BETWEEN TRADITIONAL BULLYING AND CYBERBULLYING

OBJECTIVE

To know some of the similarities between traditional bullying and cyberbullying

To know some of the differences between traditional bullying and cyberbullying

OUTCOME

To understand that cyberbullying has dangerous effects separate to those of traditional bullying
TRADITIONAL BULLYING?

CYBERBULLYING? OR BOTH?

Traditional Bullying

Both

Traditional Bullying
1. LACK OF ADULT MONITORING
2. FACE-TO-FACE
3. ONLY ONLOOKERS CAN SEE
4. CAN CAUSE SAD FEELINGS
5. CAN CAUSE SAD FEELINGS
6. AN OCCUR AT ANY TIME / PLACE
7. ANONYMOUS
8. BULLY CAN BE IDENTIFIED
9. NO SAFE PLACE TO HIDE
10. EITHER LONG TERM – OR SHORT TERM
11. SHARED WITH A WIDE AUDIENCE
12. VICTIM CAN BE THE BULLY
13. CAN SEE FACIAL AND BODY REACTIONS OF VICTIMS AND ON LOOKERS
<table>
<thead>
<tr>
<th>TRADITIONAL BULLYING</th>
<th>BOTH</th>
<th>CYBERBULLYING</th>
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</thead>
<tbody>
<tr>
<td>Face-to-face</td>
<td>Lack of adult monitoring</td>
<td>Anonymous</td>
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<tr>
<td>Mainly occurs on school property</td>
<td>Can cause sad feelings</td>
<td>Can occur at any time/place</td>
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<tr>
<td>Bully can be identified</td>
<td>Either long terms or short-term</td>
<td>Shared with wide audience</td>
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<tr>
<td>Only on lookers can see</td>
<td>Victims can become the bully</td>
<td>Victims/ Cyberbullies cannot be seen</td>
</tr>
<tr>
<td>Can see facial and body reactions</td>
<td></td>
<td>No safe place to hide</td>
</tr>
<tr>
<td>of victims and onlookers</td>
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HOW CAN YOU HELP
THE CYBERSMILE FOUNDATION?

It's really easy! Log onto www.cybersmile.org/volunteer AND BECOME A CYBERSMILER!

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OBJECTIVE

- To know some of the similarities between traditional bullying and cyberbullying
- To know some of the differences between traditional bullying and cyberbullying

OUTCOME

To understand that cyberbullying has dangerous effects separate to those of traditional bullying

MATERIALS

A copy of slide 3 (venn diagram) for each work group, pens

INSTRUCTIONS

1- Introduce the exercise to the children, and present the objectives and outcomes

2 - Arrange everyone into pairs and present each pair with slide 3

3 - Ask each pair to think of similarities and differences between traditional bullying and cyberbullying, and to sort them into the appropriate section of the venn diagram, i.e. 1) Traditional Bullying (TB); 2) Cyberbullying (CB); 3) Both

4 - Go through their answers and discuss. You can use slide 4 of the accompanying slides, which portrays possible answers

5 - End the exercise by explaining to everyone that there are many similarities and differences between TB and CB, but CB has dangerous effects separate to TB such as that it can happen at any time and you are likely to not know the person who is being rude to you

EVALUATION

• Arrange everyone into two groups and get one half to debate that TB and CB are the same and the other half to debate that they are different. The debate can be about 5-10 minutes in duration.

NOTES:

• Everyone can also work individually for the activity

• Each person can draw out the venn diagram rather than being given a copy of slide 3