



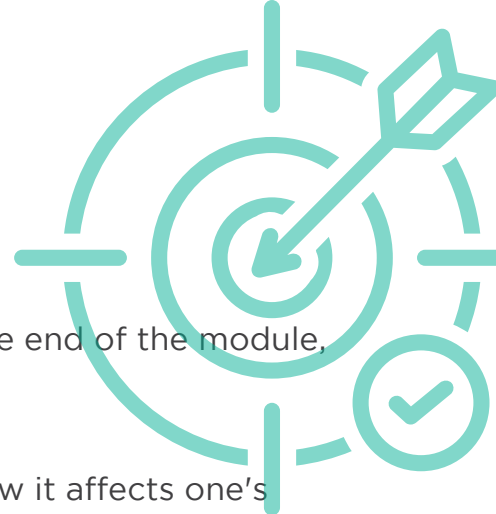
MODULE 3.4

**EMBEDDING TEACHING
WITH TECHNOLOGY:**

CYBERBULLYING



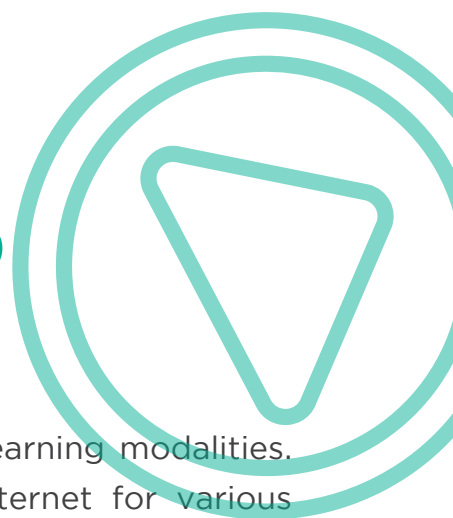
OBJECTIVES



In this module, we will be focusing on cyberbullying. At the end of the module, teachers will be able to:

- Distinguish the different types of cyberbullying and how it affects one's performance and development.
- Organize an action plan that schools/teachers can do to prevent cyberbullying and ensure the safety of their learners.
- Raise awareness of the situation of cyberbullying in the classrooms.

GETTING STARTED



Hi, Teach!

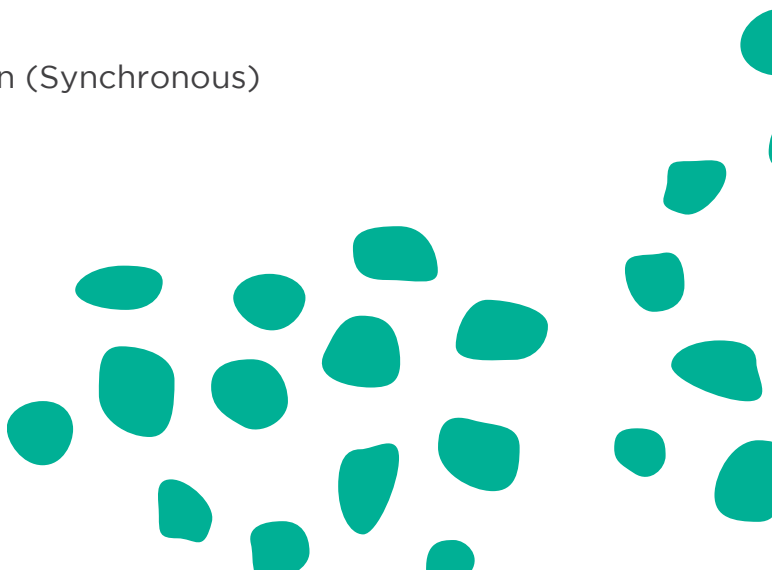
In the previous modules, you learned to maximize online learning modalities. As digital natives, students of this generation use the internet for various means—learning, development, communication, connection, and of course, entertainment. However, with every liberty granted, responsibilities should also be highlighted. Module 3 tackled digital literacy and progressive digital citizenship as key skills of this day and age. For this module, we will be diving deeper by touching base with a prevalent and critical issue in the digital world, cyberbullying. These are the topics/activities we will go through the days:

Day 1: Identifying Bullying

Day 2: Understanding Cyberbullying

Day 3: Creating an Action Plan

Day 4: Discussion Group and Presentation (Synchronous)



RECAP

In the previous module, you learned about how to support students in the digital media context. You were given modules on Digital Literacy, Interacting in the Digital World, and the Proper Usage of Digital Media. [To review these concepts, read the following statements. Which one of these is true?](#)

- a. Technology will continue to evolve and change pedagogy.
- b. Digital citizenship can impact how students learn and respond to content.
- c. It is impossible to teach digital literacy in an experiential manner.



If you answered A and B, you're on the right track!

Students need to be supported in digital cultures. As they try to adapt in this ever-evolving world, teachers play a huge role in helping them navigate this.

DAY 1:

IDENTIFYING CYBERBULLYING

Hi, Teach!

Together, let's answer the question: as a teacher, how can I create a safe and positive online learning environment to help the students reach their full potential without cyberbullying? You will learn how to identify cyberbullying by understanding bullying in its root form.

There will be two (2) required texts for you to read, one (1) video for you to watch, and one (1) podcast episode for you to reflect on. After this, you will be asked to reflect on a set of questions and answer these using the provided worksheet.

IDENTIFYING CYBERBULLYING

Main Readings:

Wright, M. F. (2016). A Social-ecological Approach to Cyberbullying. Nova Science Publishers, Inc. (Main Reference)

Sanapo, M. (2017). When Kids Hurt Other Kids: Bullying in Philippine Schools. Psychology, 8, 2469-2484. doi: 10.4236/psych.2017.814156.

Yang, C., Sharkey, J., Reed, A., Dowdy, E. (2020). Cyberbullying Victimization and Student Engagement Among Adolescents: Does School Climate Matter? American Psychological Association. 35(2), 158-169. <http://dx.doi.org/10.1037/spq0000353>

Video:

Abella, V. (2018, August 17). Sampung Segundo - A short film about Cyber Bullying. YouTube. <https://www.youtube.com/watch?v=P9QqgSWZWNg>.



REMINDER SECTION

The contents of this module contain themes that may be triggering for some people. Do not hesitate to reach out to a friend or a professional should you find yourself in distress.

UNLOCK LEARNING



Before understanding cyberbullying, let us first understand bullying in its root form. Bullying, according to Republic Act No. 10627, is categorically defined as the following:

"BULLYING"

Any severe or repeated use by one or more students of a written, verbal or electronic expression, or a physical act or gesture, or any combination thereof, directed at another student that has the effect of actually causing or placing the latter in reasonable fear of physical or emotional harm or damage to their property; creating a hostile environment at school for the other student; infringing on the rights of the other student at school; or materially and substantially disrupting the education process or the orderly operation of a school; such as, but not limited to, the following:

- Any unwanted physical contact between the bully and the victim like punching, pushing, shoving, kicking, slapping, tickling, headlocks, inflicting school pranks, teasing, fighting, and the use of available objects as weapons;
- Any act that causes damage to a victim's psyche and/or emotional well-being;
- Any slanderous statement or accusation that causes the victim undue emotional distress like directing foul language or profanity at the target, name-calling, tormenting and commenting negatively on the victim's looks, clothes and body; and
- Cyberbullying or any bullying done through the use of technology or any electronic means.





There are three important criteria for an act to be considered bullying:

INTENTION

Differentiated from random accidents, the perpetrator must have willfully intended or planned to harm the victim.

POWER IMBALANCE

This does not only regard the perpetrator's physical strength but also their social position in relation to the victim, including intelligence and popularity.

REPETITION

Harmful intentional actions should reoccur over a period of time.

In addition to these criteria, Bully Awareness Resistance Educations (BARE) listed the different characteristics of bullying:

BULLYING IS AGGRESSIVE BEHAVIOR

Bullying is unprovoked, hostile, forceful, sometimes violent, and often threatening behavior. Bullies seek to hurt, harm, threaten, harass, intimidate, and/or terrorize the "target(s)." It often spans a long period of time, not just one incidence. Sometimes though, the incident may be severe enough in one instance. Hitting, name-calling, isolating and ostracizing, terrorizing, and threatening are common bullying tactics.

BULLIES SEEK POWER AND CONTROL

Bullying is not simple or innocent play. It is not fun for the target and many peers who are watching the behaviors. Generally, the bully seeks domination and control over the target(s), as well as witnesses and bystanders.

BULLYING MAY BE PHYSICAL, VERBAL, AND/OR VISUAL

Physical bullying includes hitting, slugging, kicking, pushing, shoving, pulling, and restraining the target. Name-calling, insults, belittling, taunting, gossiping, and threatening are examples of verbal bullying. On the rise is sexual bullying: sexual name-calling, comments about the target's appearance, and uninvited touching.

BULLYING IS INTENTIONAL

One or more young people choose to bully a single or many other students. The target is not to blame. Bullies are responsible for their actions.

BULLYING MAY BE CLEARLY DISCRIMINATORY

Bullies often consider one's race, ethnicity, religion, sexual orientation, and disability to select targets. Almost any real or imaged difference can be used as an excuse to bully as well.



BULLYING IS NOT AN INNOCENT PRANK OR PASTIME

Bullying hurts and keeps on hurting. Studies have shown that the target and the bullies may suffer depression, humiliation, post-traumatic stress disorder (PTSD), anxiety about attending school, and other emotional injuries. Some contemplate suicide. Everyone is harmed by bullying behavior. Bullying interferes with learning in our schools.

CYBERBULLYING IS BECOMING AN EPIDEMIC

The use of technology to bully is out of control: emails, phone calls, texting, use of social media such as Facebook, Vine, Tiktok, Instagram, Ask.fm, and other apps. Internet communications are 24/7. The bully is sometimes anonymous, and always behind the device so they are emboldened to act. It is more difficult to intervene in cyberbullying until after the damage is done.

To have an in-depth understanding of what bullying is, read this:

- [When Kids Hurt Other Kids: Bullying in the Philippines](https://bit.ly/M3_4Reading1) (bit.ly/M3_4Reading1)
- Sanapo, M. (2017) When Kids Hurt Other Kids: Bullying in Philippine Schools. *Psychology*, 8, 2469-2484. doi: 10.4236/psych.2017.814156.

In this day and age, we are becoming more and more reliant on the Internet and other forms of digital media. What we used to do with televisions, desktop computers, and telephones may now also be done with tablets and smartphones.

These devices have quickly become not only the primary means of conversation but they have also helped define social standing in the children's world.

Services such as texting have been joined by social media such as Facebook, Twitter, Tiktok, and Instagram. All of these facilitate the free flow of communication.

An increasing number of applications even allow for anonymous posts, thereby also increasing the anonymity granted to perpetrators. This increasingly puts parents and school administrators at a disadvantage because they are always playing catch up to the next new thing.



With these sorts of interactions taking place in the digital world, there is a growing need to safeguard ourselves and our children against ill-intent and the effects of harmful acts such as cyberbullying. This is why aside from understanding what "Bullying" really is, it's also important to further understand what "Cyberbullying" is.

"CYBERBULLYING"

Cyberbullying is the intentional and repetitive infliction of harm directed to another person in the context of information and communication technology (ICTs). It's something that takes place over digital devices like cell phones, computers, and tablets. It occurs through SMS, texts, apps, and other online social media sites. To see the complete picture watch this short film:

[Sampung Segundo: A Short Film on Cyberbullying \(bit.ly/SampungSegundo\)](https://bit.ly/SampungSegundo)

Cyberbullying is influenced by the following factors:



TYPE OF DEVICE

How portable and handy the device is, and how easily available and accessible the websites are to the bully and victim.



NETWORK PRIVACY AND ANONYMITY

Anonymity gives bullies the opportunity to inflict harm without the cost of being caught in the act.



SOCIAL GROUPS

Power imbalances are also present in cyberbullying. The higher the perceived social position, the greater the likelihood of committing these acts.

As teachers, it is important to widen our understanding of this so that we can raise awareness in our community and find ways to assure a safe learning environment online. To further understand the context of cyberbullying in the Philippines, read through the following:

- [Cyberbullying Victimization and Student Engagement Among Adolescents: Does School Climate Matter?](https://bit.ly/M3_4Reading2) (bit.ly/M3_4Reading2)



As we understand deeper the concept of bullying and cyberbullying, we must also learn how to discuss this. Listen to this podcast episode on [Social Media and Cyberbullying 101](#) to learn how to start conversations about Cyberbullying with children (24:52 minutes)

TIME TO REFLECT

After going through the materials, answer the following questions.

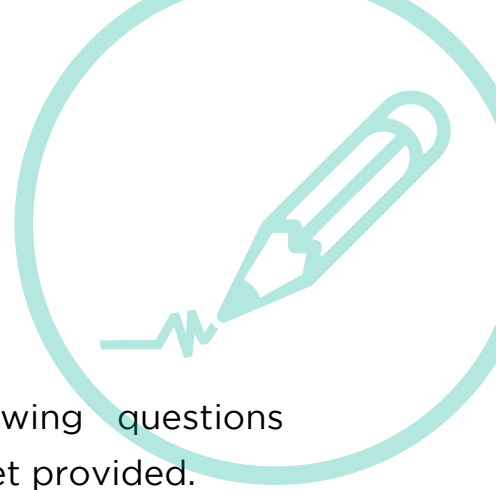


What are the different reasons why bullies commit acts of bullying to other children?

What is the most reported feeling by bullies after committing these acts?

What is one (1) new insight that you have from the learning materials (text and/or video)?

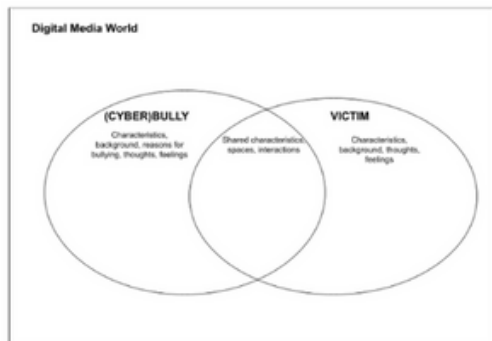
TRY IT OUT



Answer the following questions using the worksheet provided.



Instructions: Answer the following questions with the Venn diagram below as your guide.
What conditions could possibly give a way to the occurrence of cyberbullying? Describe the nature of the social networking site, the characteristics and thinking processes of the bully and the victim, and their backgrounds.



- What conditions could possibly give way to the occurrence of cyberbullying?
- Describe the nature of the social networking site, the characteristics and thought processes of the bully and the victim, and their backgrounds.

Link to the worksheet:
https://bit.ly/M3_4Worksheet1



POST IT

Share your "Try It Out" activities and reflection in the collaboration platform.

Worksheet 1

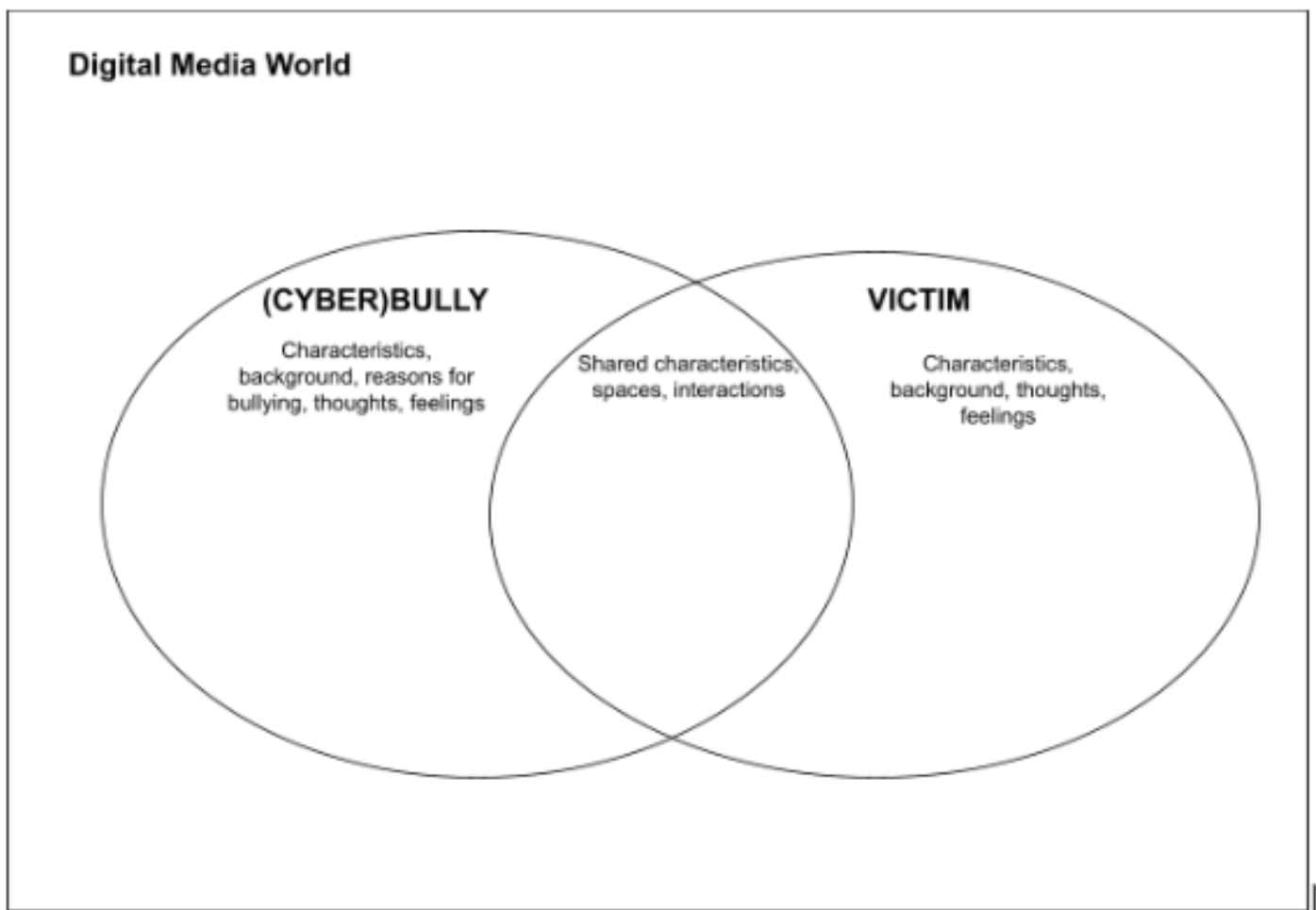
IDENTIFYING CYBERBULLYING

Name: _____

School: _____

Instructions: Answer the following questions with the Venn diagram below as your guide.

What conditions could possibly give a way to the occurrence of cyberbullying? Describe the nature of the social networking site, the characteristics and thinking processes of the bully and the victim, and their backgrounds.



DAY 2: UNDERSTANDING CYBERBULLYING



Hi, Teach!

For Day 2, you will be reading about the Cybercrime Law in the Philippines. You will also be watching two (2) short videos to highlight the effects of cyberbullying especially on the mental health of students.

UNDERSTANDING CYBERBULLYING

Main Readings:

RA 10175 (Anti-Cybercrime Act of 2012)
RA 10627 (Anti-Bullying Act of 2013)

Videos:

ABS-CBN News. (2016, November 13). Failon Ngayon: Anti Cyberbullying Act of 2015. YouTube. <https://www.youtube.com/watch?v=wBX2PhfSGn4>

ABS-CBN News. (2012, October 19). Bandila: Cyber-bullying linked to depression. YouTube. <https://www.youtube.com/watch?v=19Zq0Hij6dU>

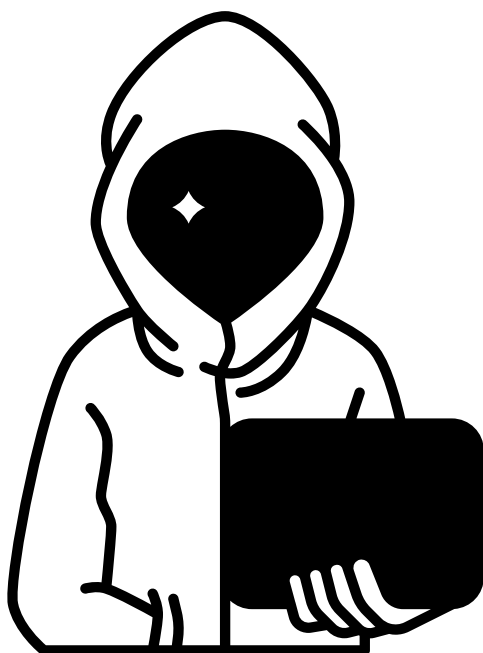
UNLOCK LEARNING



We learned about the different qualifiers for bullying and cyberbullying in our previous module. Recognizing the expansion of the use of the Internet and other forms of digital media in this day and age, it is important for us to understand cyberbullying and its various aspects.

Today, we will be familiarizing ourselves with the legal bases for cyberbullying, as supported by Philippine laws. We will also take a look at the effects of cyberbullying on students' mental health and wellbeing, through case studies to be provided.

CYBERBULLYING AND THE CYBERCRIME LAW

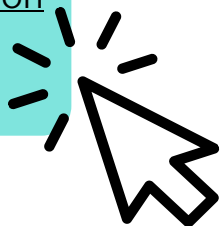


The [Cybercrime Prevention Act of 2012](#) was signed into law by President Benigno Simeon Aquino III on September 12, 2012. The original version of this law sought to address acts such as cybersex, child pornography, identity theft, and unsolicited electronic communication in the country.

Various groups, organizations, and personalities lobbied for the passage of this law. It took 11 years for this law to be signed since legislators and stakeholders needed to grasp full understanding of the magnitude of cybercrime.

Click here to access the full version of the law:

[Cybercrime Prevention Act of 2012](#)



Republic Act No. 10175
The Cybercrime Prevention Act of 2012 was signed into law by President Aquino on Sept. 12, 2012.

From 2003 to 2012, the Anti-Transnational Crime Division of the Criminal Investigation and Detection Group of the Philippine National Police looked into **2,778** referred cases of computer crimes from government agencies and private individuals nationwide.

87% of Filipino Internet users identified as victims of crimes and malicious activities committed online*

The Anti-Child Pornography Act of 2009
Under RA 9775, those who produce, disseminate or publish child pornography will be fined from **P50,000 to P5 million**, and slapped a maximum jail term of reclusion perpetua, or 20 to 40 years.

Anonymous
The cybercrime law could see Internet users sentenced to up to **12 years** in prison for **posting defamatory materials online.**
Unlike · Comment · 18 hours ago ·

*According to a November 2012 primer released by the DOJ
<http://technology.inquirer.net/34360/in-the-know-the-cybercrime-law#ixzz2tisaGKBU>

Source: <https://technology.inquirer.net/34360/in-the-know-the-cybercrime-law>

Types of Cybercrime

Illegal access

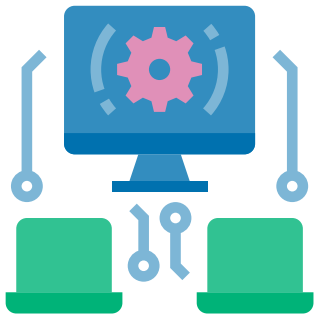
Unauthorized access (without right) to a computer system or application.

Illegal interception

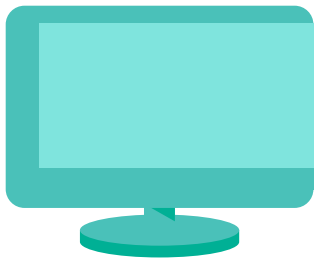
Unauthorized interception of any non-public transmission of computer data to, from, or within a computer system.

Data interference

Unauthorized alteration, damaging, deletion or deterioration of computer data, electronic document, or electronic data message, including the introduction or transmission of viruses. Authorized action can also be covered by this provision if the action of the person went beyond the agreed scope resulting to damages stated in this provision.



System interference - Unauthorized hindering or interference with the functioning of a computer or computer network by inputting, transmitting, damaging, deleting, deteriorating, altering or suppressing computer data or program, electronic document, or electronic data messages, including the introduction or transmission of viruses.



Misuse of devices - The unauthorized use, possession, production, sale, procurement, importation, distribution, or otherwise making available of devices or computer programs designed or adapted for the purpose of committing any of the offenses stated in Republic Act 10175. Unauthorized use of computer password, access code, or similar data by which the whole or any part of a computer system is capable of being accessed with the intent that it be used for the purpose of committing any of the offenses under Republic Act 10175.



Cyber-squatting - Acquisition of domain name over the Internet in bad faith to profit, mislead, destroy reputation, and deprive others from registering the same. This includes those existing trademark at the time of registration; names of persons other than the registrant; and acquired with intellectual property interests in it. Those who get domain names of prominent brands and individuals which in turn is used to damage their reputation - can be sued under this provision.



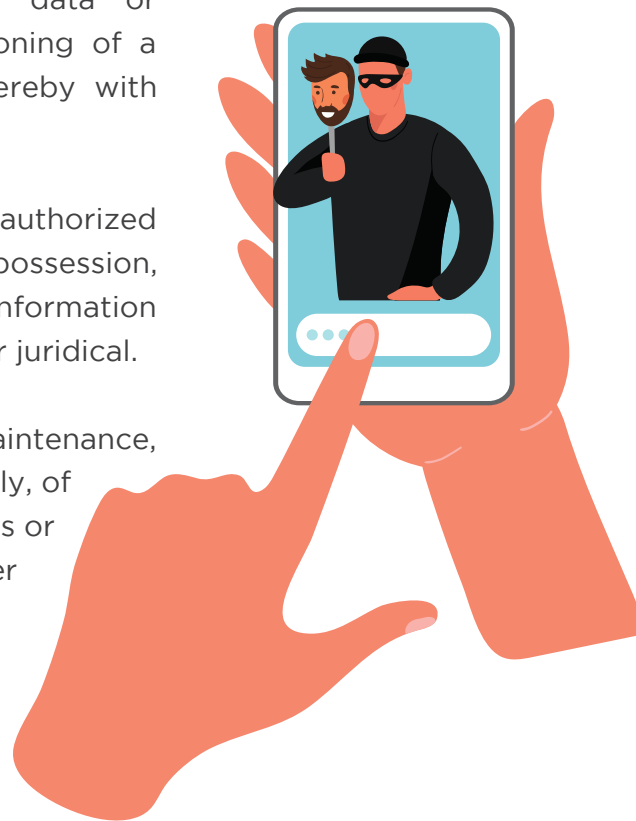
Computer-related forgery - Unauthorized input, alteration, or deletion of computer data resulting to inauthentic data with the intent that it be considered or acted upon for legal purposes as if it were authentic, regardless of whether or not the data is directly readable and intelligible.

Computer-related fraud - Unauthorized input, alteration, or deletion of computer data or program or interference in the functioning of a computer system causing damage thereby with fraudulent intent.

Computer-related identity theft - Unauthorized acquisition, use, misuse, transfer, possession, alteration or deletion of identifying information belonging to another, whether natural or juridical.

Cybersex - Willful engagement, maintenance, control, or operation, directly or indirectly, of any lascivious exhibition of sexual organs or sexual activity with the aid of a computer system for favor or consideration.

Child pornography - Unlawful or prohibited acts defined and punishable by Republic Act No. 9775 or the Anti-Child Pornography Act of 2009 committed through a computer system.



As a teacher, why do you need to be aware of the Cybercrime Law? How does it affect you and your students especially amidst this Digital Age?

CYBERBULLYING AND MENTAL HEALTH

Why the need for such penalties and regulations, when the Internet and other ICTs were made to enhance communications and social interactions in the first place?

Dr. Jade Wu, a psychologist-practitioner talks about the insidious effects of cyberbullying on mental health on her podcast, Savvy Psychologist, in an episode entitled, "[Why is Cyberbullying So Damaging and How Can You Cope?](#)"

Click here to access the full episode:

[Why is Cyberbullying So Damaging and How Can You Cope?](#)



What we know about cyberbullying and what we can do about it

(important points from the episode)

1) The anonymity of the Internet makes cyberbullying particularly pervasive.

When we go online, we step into a world of less inhibited, less accountable, and less empathic people.



What to do about it:

- Don't friend strangers on Facebook. Even if the people you know are less inhibited on Facebook, they can't hide behind total anonymity.
- If you engage with someone on Twitter, Reddit, or another platform, block them right away if they use threatening, harassing, or prejudiced comments.
- Remember, you don't have to engage. Cyberbullies aren't looking for a productive discussion with you, so no amount of reasonable arguments will persuade them. In fact, your discomfort could reinforce and feed their behavior. Silence is the least satisfying response they can get from you.
- Get support from forum moderators, other participants in the conversation, and the people in your offline life.

2) Bystanders to cyberbullying are less likely to help and may normalize the behavior. The distance and anonymity the Internet creates also make us worse bystanders. This diffusion of responsibility leaves victims more isolated and makes perpetrators more emboldened.



What to do about it:

- Positive change starts with you! If you're a bystander, step in and call out bad behavior, and reach out to the victim to offer your support.
 - Invite others by name to also add their support.
-
- Focus on the behavior itself, not the person perpetrating it. Aim your response at calling out bad behavior and supporting the victim rather than shaming the perpetrator. Fighting bullying with more bullying isn't the answer.

3) We use the Internet daily which means cyberbullying can be particularly challenging to escape. There isn't a physically safe location, such as home, the workplace, or even out of town during a vacation, where a victim can be totally out of reach. You can't simply move.

What to do about it:

- Give yourself breaks from the Internet and social media so you can create safe spaces and times for yourself.
- Engage with your resources to protect yourself. Keep records of the harassment, report incidents to webmasters or forum moderators, report stalking and hate crimes to law enforcement, and safeguard personal information like your phone number and address.
- Try your best to let go of what you can't control and focus on what you can. Instead of checking your inbox throughout the day or rereading offensive messages, spend your time and mental space on other areas of your life that are fulfilling and give you a sense of mastery. Remember that in this case, "letting go" is not resignation or defeat, but rather, an empowering choice you can make.

4) **Cyberbullying is incredibly isolating.** Cyber aggression leaves no bruises and scars even though the emotional damage can be just as bad. Ironically, while the abuse can be invisible, it can also be very exposing. These factors make cyberbullying a particularly isolating type of trauma. It may be hard to reach out for social support because you may feel intimidated or embarrassed about what's going on.



What we can do about it:

- Get social support. It's important to get support from people you can trust, and people who will want to help you instead of judge you.
 - If you don't feel comfortable sharing with family or friends, you can also reach out to a mental health professional who will not only be nonjudgmental but also be bound by confidentiality.
-
- Remember that you don't have to deal with this on your own. It's possible that the stress of the isolation will cause you more grief than the stress of sharing your embarrassing experience with someone who cares.

Watch the following videos to further understand the long-term psychological effects of cyberbullying in the Philippine context.

Failon Ngayon: Anti Cyberbullying Act of 2015
<https://bit.ly/AntiCyberbullying2015> (5:27 mins)

Bandila: Cyberbullying Linked to Depression
<https://bit.ly/CyberbullyingDepression> (2:02 mins)

SUMMARY



Bullying is defined as harmful, aggressive behavior done repetitively to another person that involves an imbalance of power.

Cyberbullying includes harmful, repetitive acts inflicted by a person to another through the use of online platforms and digital devices. It is an act that emphasizes the power of our words.

We might say something in an attempt to be funny, but someone else may take it another way and get hurt by those words. When we don't see each other face to face, it is harder to decipher the meaning behind our words.

As teachers, it is important that we build positive learning environments for our children. In this generation, digital media greatly influences their thoughts, behaviors, and actions. We must be aware of the harmful effects of cyberbullying and address these appropriately. School communities play a huge role in ensuring the safety and welfare of our students.

Using the 3-2-1 strategy, write down:

3 things that you have learned for the past 2 days:

- 1.
- 2.
- 3.

2 interesting facts that you can apply to your classroom:

- 1.
- 2.

1 question that you still have about Cyberbullying:

- 1.





TIME TO REFLECT

After going through the materials, answer the following questions.

How would cyberbullying affect your students' mental health?



POST IT

Let's create an online safe space in addressing cyberbullying.

What experiences have you had as a teacher or as an individual digital citizen on cyberbullying? How did this make you feel? What helped you overcome your cyberbullying experience?

What practices and policies are currently being adopted and implemented in your school to prevent and address cyberbullying?

Share your answers by writing them down in the comment section of our collaboration platform. Feel free to share examples from your own school community.

TRY IT OUT

From everything discussed during the past 2 days, create an [Action Plan to Combat Cyberbullying](#). Use the following framework shown in the worksheet linked below in creating your Action Plan:

- Detection of Cyberbullying
- Addressing Cyberbullying
- Preventing and Monitoring the Effects of Cyberbullying

Link to worksheet: https://bit.ly/M3_4Worksheet2

Worksheet 2 ACTION PLAN

Name: _____

School: _____

Create an action plan to detect, address, prevent, and monitor the effects of cyberbullying.

	Detecting cyberbullying <i>A cyberbullying case is encountered. What immediate measures will be taken to respond to this report?</i>	Addressing cyberbullying and monitoring its effects <i>The cyberbullying case has been reported. What actions will be done throughout the process?</i>	Preventing cyberbullying <i>What preventive measures may be put into place to avoid incidents of cyberbullying?</i>
Personal			
Class			
School			

Worksheet 2

ACTION PLAN

Name: _____ School: _____

Create an action plan to detect, address, prevent, and monitor the effects of cyberbullying.

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REFERENCES

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Republic Act No. 10175—An act defining cybercrime, providing for the prevention, investigation, suppression and the imposition of penalties therefor and for other purposes. Official Gazette of the Republic of the Philippines. Office of the President of the Philippines. September 12, 2012.

Sanapo, M. (2017). When Kids Hurt Other Kids: Bullying in Philippine Schools. *Psychology*, 8, 2469-2484. doi: 10.4236/psych.2017.814156.

Wu, J. (Host). (2019, November 15). Why Is Cyberbullying So Damaging and How Can You Cope? (No. 268) [Audio podcast episode]. In *The Savvy Psychologist*. Spotify. <https://open.spotify.com/episode/61pJF37le3mIN5fbEt07yK?si=b4a0b378c0464a00>

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