

HANDOUT 1 - IS IT CYBERBULLYING?



The definition of bullying:

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

Cyberbullying is bullying that happens online.

The key elements of bullying are:

- **Hurtful**
- **Intentional**
- **Repetitive**
- **Involves a Power Imbalance**

What do we mean by power imbalance?

It is where a person/s feels like they have power over someone else. You can be powerful in lots of different ways.

- You might think your more powerful because there are more of you than others, you are the majority group (e.g. the majority gender or race or ability or faith), your physical strength, your understanding.
- There is an imbalance of power as soon as someone says 'no' to something or looks upset and you continue.
- There is an imbalance of power when you threaten someone else physically or emotionally.

Is it cyberbullying scenarios?

Using the key elements of bullying decide if the scenarios below are:

- **Cyberbullying**
- **Not cyberbullying**
- **Need more information**

Scenario	Cyberbullying	Not cyberbullying	Need more information
1. Jamie has created and posted a meme of Ava that is unkind about her appearance. She said to Jamie it has upset her but he has shared it on Facebook and Instagram and other people have started to share it.			
2. Grace and Faiza have had an argument about a boyfriend and Grace is refusing to talk to Faiza.			
3. When Lewis posts a video of himself singing on Musical.ly a few of his followers have posted mean comments about it and have started imitating him when they see him at school.			
4. Ade has posted a picture of him and Thomas and Thomas doesn't like the photo. He hasn't told Ade and Ade keeps sharing it.			



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