

Activity 2

Activities that make me happier

Identify ten activities that are important to you - activities that would make your life richer or more meaningful, or give you more energy and make you feel healthy. Write ten activities in the table below. Then rank each activity according to how difficult it would be to accomplish, where 1 is the easiest and 10 is the hardest.

Activity	Rating (1 - 10)

Activity 3

Awareness of Cyberbullying

Match each word with the correct definition. Join them together with a line.

Titles of different forms of cyberbullying		Definitions of different forms of cyberbullying:
1. CATFISHING		A. It is a form of cyberbullying done by insulting an individual online to provoke them enough to get a response. Usually these attacks are personal and instigate anger in the victim, making them lash out and behave badly.
2. FRAPING		B. It is the act of gaining a victim's trust so that they reveal their secrets or embarrassing information, which the cyberbully posts on the internet for everyone to see. The person pretends to be a close friend and confidant, and gives the other person a false sense of security before breaking his or her trust.
3. OUTING		C. It is a deliberate act to embarrass or publicly humiliate an individual by posting their private, sensitive, or embarrassing information online. The information revealed can be insignificant or serious, but can have a severe impact on the victim.
4. TROLLING		D. When people pretend to be someone else online to trick people into a relationship. The person often discloses personal information to the new "friend," who exploits their feelings and causes emotional harm.
5. TRICKERY		E. It is a serious offense where a person accesses the victim's social media account and impersonates them in an attempt to be funny or to ruin their reputation. It can have serious consequences, especially because once something is out there, it is very hard to delete it and mend the victim's digital reputation.

Match each example with the correct title of different forms of cyberbullying. Join them together with a line.

Titles of different forms of cyberbullying	Examples of different forms of cyberbullying:
1. CATFISHING	1) For example, a 45-year-old man pretends to be an 18-year-old young man in order to establish a romantic relationship. He has an invented Facebook profile with not real name and surname, a photo of a young man taken from the Internet and writes messages to young (16 years old) girl on Facebook to get in touch with her: "Hi, how are you? ☺" and asks to send some photos in order to see how she looks like.
2. FRAPING	2) For example, Ben from one company of friends decided to publish funny, "failed shots", embarrassing moments from party, posted these photos on Instagram without his friends' permission by writing a comment in order make a fun, but on the other hand, creating a negative reputation for some people.
3. OUTING	3) Girl Emma (15 years old) borrowed her personal computer to her friend Emily for 1 day. Emily spend her evening with her friends in a company, one of her friends took her (Emma's) computer while she was chatting with others and using account of Emma, owner of computer, signed in to her account in order to make some fun in the company, started sending various embarrassing messages to her (Emma's) Facebook friends.
4. TROLLING	4) Katie (15 years) was chatting on social media to Jessica (15 years) pretending to be her friend about school, homework, friends, etc. One day she asked some personal questions. Jessica responded, sharing really personal information about her feelings, thoughts about one of their friends in the same school. Katie made a screenshot and sent it to lots of other people with her own comment without Jessica's permission in order to engage in gossip and get attention for many other people: "Jessica in love with Andrew".
5. TRICKERY	5) Anna: This is the photo of myself. I hope that you like it guys. TOM: You look like an idiot from your photo posing like a super model but in fact you are the opposite of being pretty which means that you are utterly ugly.

See answers at the end of the unit after the activities.



Activity 4

Stressors on social media

Match each word with the correct definition. Join them together with a line.

1. Online Harassment		A. Fear that you are missing a potential connection, event or opportunity.
2. Fear Of Missing Out (F.O.M.O.)		B. A collection of best moments presented on social media.
3. Highlight Reel		C. Likes, comments, shares, etc. - how we attribute value to something on social media
4. Social Currency		D. Harassing online behavior, using digital technology.

See answer at the end of the unit after activities.

What stressors on social media have you experienced?

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Activity 5

Reflection on your posts on social media

Please check your latest post on social media. Do you think it is appropriate? Is the post safe and not harmful to you and your peers?

Here are some examples of appropriate posts you could post on social media...

- 1) share a thought, tip or idea,
- 2) inform about information on another site,
- 3) to inform of important news,
- 4) share an opinion,
- 5) chat or respond to somebody,
- 6) ask a question or ask for help,
- 7) update your status,
- 8) tell a joke or something funny,
- 9) provide input on something current or to promote something.

Please evaluate what you do on social media. There are many risks, you want to read the article which includes some tips (please open the link):

<https://www.bullguard.com/bullguard-security-center/internet-security/social-media-dangers/whats-risky-behaviour-on-social-media.aspx>

What would you do differently now?

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Answers

Answers to Activity 3:

Titles of different forms of cyberbullying	Definitions of different forms of cyberbullying	Examples of different forms of cyberbullying:
1. CATFISHING	D	1)
2. FRAPING	E	3)
3. OUTING	C	2)
4. TROLLING	A	5)
5. TRICKERY	B	4)

Answers to Activity 4:

1. Online Harassment	D. Harassing online behavior, using digital technology.
2. Fear Of Missing Out (F.O.M.O.)	A. Fear that you are missing a potential connection, event or opportunity.
3. Highlight Reel	B. A collection of best moments presented on social media.
4. Social Currency	C. Likes, comments, shares, etc. - how we attribute value to something on social media.

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