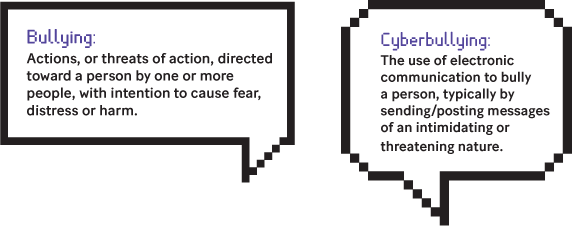
Intermediate Grades

Lesson 4 Handout

Cyber Respect and Online Kindness

Understanding the Difference:

| **Cyberbullying is...** | **Cyberbullying is not...** |
| --- | --- |
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Recognizing Forms of Cyberbullying:

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| --- | --- |
| **Discrimination** | Targeting personal characteristics such as race, colour, place of origin, age, religion, gender, sexual orientation, gender expression/identity, appearance, physical or mental disabilities, etc. |
| **Sexual Harassment** | Unwanted sexual contact or comments; falsely claiming that there was an encounter when there was not, spreading rumours; sending a person unwanted sexual images, etc. |
| **Personal Bullying** | Actions or language directed toward someone with the intention to demean, embarrass, humiliate, harass, isolate or exclude. |
| **Hacking** | Accessing another person’s online profiles without their permission to post embarrassing content or messages; or to humiliate the victim by sharing private information or images of them. |
| **Harassing** | Posting unflattering photos or videos of a person with the intention of embarrassing, demeaning or degrading them. |
| **Isolating or Exclusion** | Leaving a person out of a group or online activity and letting them know it was intentional (e.g., creating a post with a group of friends and tagging the excluded person so they know they’re left out). |
| **Fake Accounts** | Creating an account appearing to be someone else and making public posts pretending to be them, in order to embarrass and degrade the victim and others. |
| **Shaming** | Making fun of a person’s body, clothing, appearance, life choices, identity, etc. Online shaming is done through text, group chats, and photos or videos posted online through social media platforms. |
| **Trolling** | When someone starts arguments or upsets people by posting inflammatory or off-topic messages in an online community. |

Commandments for our Shared Digital Space

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