



Breakfast talk “Cyber bullying”

OBJECTIVE: RAISING AWARENESS REGARDING CYBER BULLYING

Program:

- Educational campaign TV spot: “liker, c’est déjà harceler”
- Statistics
- Warning signs
- How to react as parents?
- School actions to prevent cyber bullying
- Recommended applications and tools

Cécile Dione, Head of the Primary School

Raphaël Teulet, School Counselor

Adélaïde Lefèvre, Psychologist Counselor “Point Écoute”



Prévention LFM

CYBERBULLYING

School process to prevent cyberbullying
is first **to prevent bullying**
starting preschool.

by Cécile Dione, Head of the Primary School

WHAT IS BULLYING ?

- VIOLENCE
- REPETITION
- THE VICTIM IS ALONE



OUR CURRICULUM

“ENSEIGNEMENT MORAL ET CIVIQUE” CITIZENSHIP AND MORAL TEACHING

1. LEARN ABOUT YOUR FEELINGS
2. LEARN ABOUT RULES
3. LEARN HOW TO DO GOOD CHOICES
4. PRACTICE AT SCHOOL



EXAMPLES OF ACTIONS

- INTERVENTION OF THE 5EMES TO CM1 AND CM2
- MOVIE MAKING IN CM2 ABOUT BULLYING
- “CLEAR MESSAGE” IN CP
- CLASS MEETINGS, DEBATES IN CLASS
- COMMUNICATION BETWEEN PARENTS TEACHERS CHILDREN



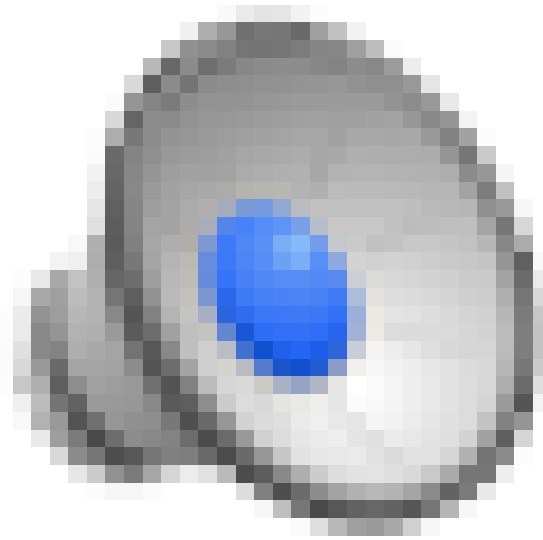
Introduction: Prevention and co-education

- We are stronger together!
- Early prevention/action is better!



Prevention campaign TV spot

“ Liker, c’est déjà harceler ”

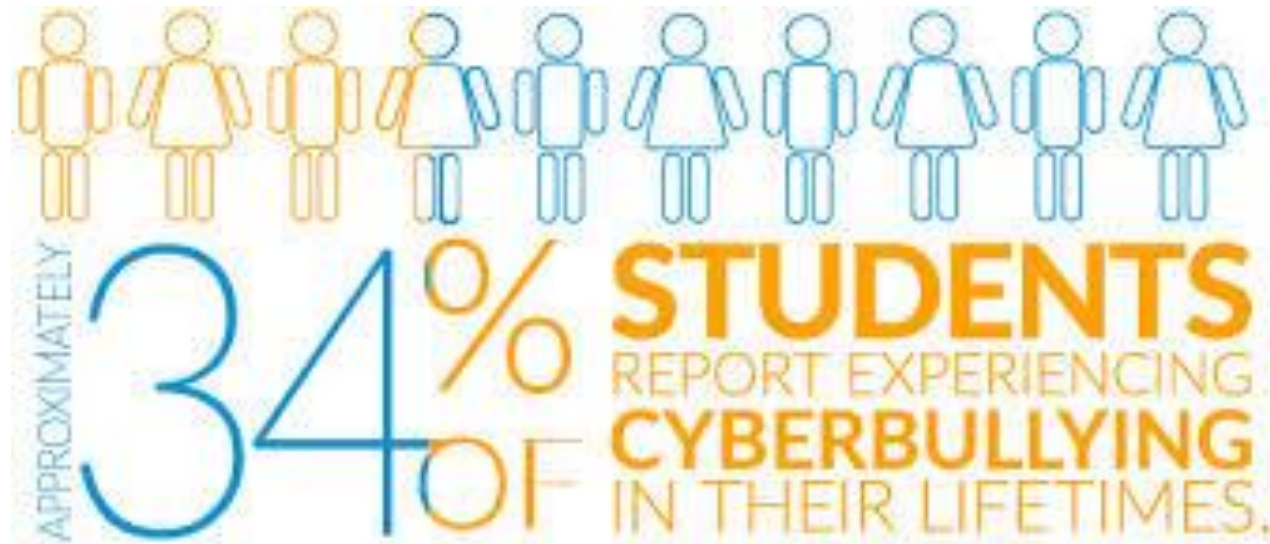


Types of cyber bullying

Types of Bullying

- **flaming** or online fighting with vulgar language
- **harassment** or repeated sending of mean and insulting messages
- **denigration** or demeaning gossip
- **impersonation** or pretending to be someone else and posting damaging messages
- **outing** or sharing someone's personal information or embarrassing secrets
- **trickery** or covertly drawing out and then exposing personal information
- **exclusion** or intentionally excluding someone from an inner on-line group or site
- **Cyber stalking** or repeated frightening threats

Cyber bullying by the numbers



Cyber Bullying by the numbers (source: IPSOS)

- 13-15 The more impacted age group
- Girls are more impacted
- 10% never speak about cyber bullying experience
- 20% admits to have a cyber bullying behavior

Cyber Bullying by the numbers

10% doesn't know who is the author



Consequences/damages






Warming signs



Warming signs

IS MY CHILD A CYBERBULLY?

what do you see? 	what do you hear? 	what else? 
<ul style="list-style-type: none">• Your child has a large amount of social media accounts• Your child is being secretive about their online activity• Your child spends long hours on social media	<ul style="list-style-type: none">• Snide comments or laughter from your child while they are online• Gossip or cruel remarks exchanged between them and their friends about an individual	<ul style="list-style-type: none">• A group or individual your child spends time with often behaves mean or uncaring• Your child has become more judgemental/critical• Your child may be more irritable/aggressive• They may retaliate against rules

Warning signs



5 tips to prevent cyber bullying

- Be an example for your child !
- Give an early education to ethic communication/internet use
- Give rules
- Keep communication and interest in your child life
- Observe behavior change

Recommendations

No internet alone before 9 years old
avoid computer in the room

No social media before 12 years old

Teach your child:

- Everything in internet is public
- Everything you post has unlimited duration
- Everything you find is not true

After 12 years old

avoid unlimited internet connection

And if your child is cyber bullied

- Communicate with your child without judgment
- Listen to their emotions
- Take it seriously/ Don't deny ("it's nothing" or "will stop soon")
- Report to school
- Find help from professionals if needed

**ACCUEILLIR ET ÉCOUTER
LES PRÉOCCUPATIONS
DES ÉLÈVES DU COLLÈGE ET DU LYCÉE**

POINT
ÉCOUTE
PRÉVENTION

point-ecoute@lfmanille.ph

LES JEUDIS ET VENDREDIS
9H10-9H30 ET 12H-12H40
LIEU : SALLE BLEUE
(ENTRE LA SALLE C109 ET C110)

RESPONSABLE DU POINT ÉCOUTE :
ADÉLAÏDE LEFÈVRE, PSYCHOLOGUE



rencontres gratuites et confidentielles

« PARLER DE SES PEINES, C'EST DÉJÀ SE CONSOLER » ALBERT CAMUS

POUR NE PLUS RESTER SEUL(E) FACE AUX INQUIÉTUDES OU AU MALAISE

POUR POSER SES QUESTIONS ET OBTENIR DES RÉPONSES
EN TOUTE CONFIDENTIALITÉ

Le « point écoute » n'est pas un lieu de thérapie, c'est un espace d'écoute et d'accueil qui vise à apporter une aide ponctuelle aux élèves.

Le point écoute fait partie des actions décidées dans le cadre du comité d'éducation à la santé et à la citoyenneté (CESC).

Les sites et applications utilisées :

- Facebook
- Instagram
- Twitter
- Snapchat (short time but can be saved)
- Ask.fm (anonymous)

Application de prévention du cyber-harcèlement

- Stop Bashing :

http://www.e-enfance.org/actualite/dites-stop-au-cyberharcèlement-telechargez-stop-bashing-_245.html

Sites ressources

- Irespect
- Net.écoute

QUE FAIRE FACE À UNE SITUATION DE HARCÈLEMENT ?

