

My well-being and yours: Respect... begins with me!

Web We Want and ENABLE – joining
forces against bullying



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the
**WEB
WE
WANT**

enable
empower children. eliminate bullying.

Title: My well-being and yours: Respect... begins with me!
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1 Respect yourself and others will respect you.



STOP BULLYING and make a difference!

(Cyber-) Bullying

is any behaviour that repeatedly makes someone feel upset, uncomfortable and/or unsafe. This is usually deliberate, and can take forms such as verbal, indirect and physical.

Exercise 1

Look at the different situations below. Can these be considered bullying; why or why not? Once you have made up your own mind, discuss the images with a close friend to see what s/he thinks. Did you get the same answers? Why do some people perceive situations differently than others? Choose one of the characters in each image, and talk about how you would have reacted. How would your friends have reacted in the same situation?



STAND UP
for yourself
and for each
other!

The definition of bullying is not what we see in Hollywood movies.
L'uboš, 18 years old



Exercise 2

Fill in the questionnaire below, but keep your answers to yourself. Add up your points, then check the symbol that represents your responses. Ask your friends to do the same, but don't show each other your answers. Now guess each other's symbol, and give reasons for your choice. Did you get it right? Now check with other people around you. How well do you really know each other and what new things have you learned?


Use the following scoring:


Never = **1** Rarely = **2** Sometimes = **3** Often = **4** Always = **5**


Question	Never	Rarely	Sometimes	Often	Always
I am a positive person and believe that things will work out OK in my life.					
I like myself.					
When things happen, I talk about how I feel.					
I know how my actions can make other people feel.					
I can usually calm down quickly after I get angry with someone.					
If I see someone being bullied I would have to intervene.					
When I'm jealous of someone, it doesn't affect how I behave towards them.					
When I disagree with someone, I am happy to tell them why.					
TOTAL					


*If you want to check your responses on further questions, go to the ENABLE L1 SEL questionnaire and check the feedback form via L9 R2, available at www.enable.eun.org/implementing_enable/.


Check your result:

8-15 points = 

16-20 points = 

21-25 points = 

26-32 points = 

33-40 points = 

What do the symbols mean?

You are a dreamer, and sometimes don't notice what is going on because you have your head in the clouds.

Though sometimes a little shy in a group, you are there for your friends if they let you know that they need you.

You have lots of energy, but sometimes need encouragement from your friends to stand up for yourself and them.

You know yourself well and highly value your independence.

You are fully aware of your strengths and weaknesses and always on the lookout for new opportunities.



Hate speech

speech that attacks, threatens, or insults a person or group on the basis of national origin, ethnicity, colour, religion, gender, gender identity, sexual orientation or disability.



Cyberbullying gets bigger than offline bullying, because the internet does not forget anything. What is happening on the internet is real, therefore be aware of your digital footprints!

Loris, 18 years old

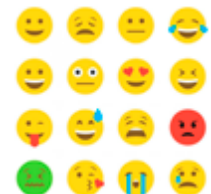
Exercise 3

Provide a list of 20-30 words related to feelings/emotions. Work with a partner to place the words in the boxes in the spot where you think they belong. Compare your results with another team and discuss the differences. Did you discover that people sometimes understand different things from the same word? Give examples of when you would use one or two words from each group.

<p><i>Positive feelings</i></p> <p>happy, love, calm</p>	<p><i>High energy</i></p> <p>excited, hyped</p>
<p><i>Low energy</i></p> <p>tired, depressed, confused</p>	<p><i>Negative feelings</i></p> <p>anxiety, sadness, anger</p>

Exercise 4

Now choose five of the words to create your own emoticons. Where can you use these emoticons and when? Do emoticons evoke different feelings than words? Why? Get inspired by the Facebook emoticons and the #BeStrong emojis of Vodafone and go to: <http://www.vodafone.com/content/digital-parenting/advice/be-strong-online-emojis.html>.





Radicalisation

the action or process of causing someone to adopt radical positions on political or social issues.

BULLYING?

Be smart,
don't start!

Exercise 5

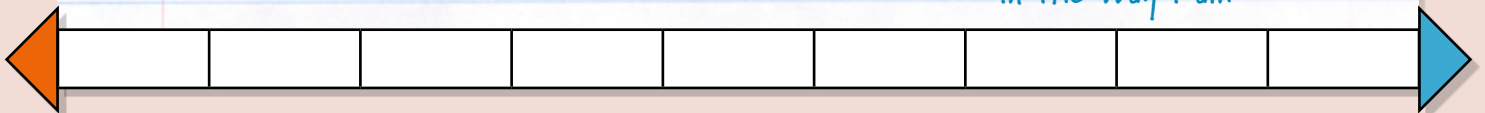
What does influence mean? Who or what influences you and the way you act? To what extent are your choices influenced, for example, in what you wear, the music you listen to, and the tech gadgets you want? Fill in the bubbles provided and make your own choices. How do your responses compare to those of your classmates?

Music **YOU** Clothing

Exercise 6

Scale of influences: Look at the different scales below and indicate the level of influence you have on others and others have on you.

- In the way I dress
- In the music I listen to
- In the apps I download
- In the things I like
- In the way I am



I am an influencer

I am influenced



It's human nature to try to fit in!
Camille, 11 years old

We easily get influenced by others, sometimes not for the best. It's important to stay true to yourself and be as you are!

Solène, 10 years old



2 Living street art – from thoughts to forms

Exercise 1

Look at the street art (images 1-6): What is the artist trying to tell us? What does it make you feel? How has the artist triggered these feelings? What can we do to make people feel what we want them to feel?



Privacy, data protection regulation, etc. Have you heard about these words? What do they mean to you? Make your own word cloud.

Sharing stories that are emotional can affect a lot of people positively and hopefully make them stand up against bullying.

Ida, 16 years old



Banksy

is an England-based graffiti artist, political activist and film director of unverified identity. His satirical street art and subversive epigrams combine dark humour with graffiti executed in a distinctive stenciling technique. His works of political and social commentary have been featured on streets, walls, and bridges of cities throughout the world.*

Source: ¹ Banksy's 'CCTV' Graffiti in London. London, UK - April 08th 2015; ² Beit Sahour, occupied palestinian territories - June 18: A mural by the British street artist Banksy covers a wall in the West Bank village of Beit Sahour, June 18, 2014.

*"The Banksy Paradox: 7 Sides to the World's Most Infamous Street Artist, 19 July 2007.



Exercise 2

Now choose some images of your own (or even better, create some), and ask a friend to tell you what it makes him/her feel. Are your feelings the same? Analyse and make a list of the things that "tweak" your emotions.



Source: ^{3,4} Street art in the city of Brussels, October 2016. ⁵ Shutterstock: Street decorated with colored umbrellas, Madrid, Getafe, Spain.

⁶ Street art in the city of Brussels, November 2016*.

*Further information about the artist: <https://www.instagram.com/yarbombingbruxelles?hl=en> and <https://www.facebook.com/groups/1089525507776947/>.



“Survival of the fittest”

is a phrase that originated from Darwinian evolutionary theory as a way of describing the mechanism of natural selection. What do you know about Darwin and the theory of evolution? What does survival of the fittest mean to you?



Can people who have more money and power be defined as the fittest?
Sometimes the less fit try to compensate, are these really the vulnerable ones?

Encourage,
empower,
engage!



Empathy

is the capacity to understand or feel what another person is experiencing, i.e. the capacity to place oneself in another's position. Empathy is seeing with the eyes of another, listening with the ears of another and feelings with the heart of another*.

We need to build on the empathy and humanity of people to counter online threats.

Noelia, 18 years old

Exercise 1

Building empathy: Being "in their shoes".
Check out the images 1 and 2 on the next page.
Can you imagine what their life would be like?



*Bellet, Paul S.; Michael J. Maloney (1991). "The importance of empathy as an interviewing skill in medicine". JAMA. 226 (13): 1831–1832.



What kind of job would you like to have or rather not have?



Working in a factory

How would you feel being in her shoes?

Scenario: The factory is closing in one month and you don't have a new job yet? You need the money as you need to support your family.



Seasonal farming

How would you feel being in their shoes?

Scenario: The harvest time is over, winter is coming. You are a guest worker and you need to go back to your country until next year's season begins again.



Inclusion of diversity is essential to tackle negative feelings such as hate or racism.
João, 19 years old

Now have a look at the two scenarios below and discuss with your friends how much of an impact (small vs. big impact) they have on you? How do these situations make you feel?



Broken mobile phone



Losing your wallet

Accessing information

Exercise 2

What does it mean to be a digital citizen?
Write down your ideas in the speech bubble below. Afterwards go to a couple of friends and get them to do their mapping.

Being creative



Engaging in society

Exercise 3

Write down your own personal checklist on words or actions that help to boost your self-esteem!

Good things I like about me:

- Never talk badly about yourself!
- Stop saying: I can't!
-
-
-
-
-
-

Make a change,
starting now!

More ideas, activities, tools and processes can be found at www.webwewant.eu.



More interactive exercises for young people, available in 12 languages!



Start the eSafety discussion in your classroom and find creative lesson plans & worksheets, available in 11 languages!

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