**POSSIBLE SOLUTIONS**

1. **How do they feel?**
2. **guilty**: schuldig; **frightened**: verängstigt, eingeschüchtert; **powerless**: machtlos, ohnmächtig; **lonely**: einsam, allein; **desperate**: verzweifelt; **inferior**: unterlegen, minderwertig; **jealous**: eifersüchtig; **powerful**: mächtig; **superior**: überlegen; **humiliated**: gedemütigt; **frustrated**: frustriert; **insecure**: verunsichert
3. **victim:** frightened, powerless, lonely, desperate, inferior, humiliated

**bully:** jealous, powerful, superior

**both:** e.g.guilty, frustrated, insecure

1. individual answers
2. **Let’s talk about cyberbullying!**

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| **Scenario 1*** *to post embarrassing pictures of somebody (without their permission)*
* *to share and repost embarrassing pictures of somebody (without their permission)*
* *to leave offensive and rude comments (under pictures or videos)*
* *to laugh at somebody*
 | **Scenario 2*** *to tease somebody*
* *to ignore somebody’s messages*
* *to send mean messages*
* *to remove somebody from a chat (without asking them)*
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| **Scenario 3*** *to create a fake account for somebody else (without their permission)*
* *to post racist comments*
* *to spread rumours*
 | **Scenario 4*** *to insult somebody (anonymously)*
* *to call somebody names*
* *to threaten somebody*
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| **Scenario 5*** *to tell lies*
* *to make fun of somebody*
* *to share photoshopped pictures of others (without their permission)*
* *to photoshop a picture (in a mean way)*
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1. see mind map
2. individual answers

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| **victims** | **upstanders** | **friends & family** |
| * keep calm
* tell somebody (teacher, parent, friend)
* document the attacks/take screenshots
* block the bully
* report offensive comments
* don’t reply in anger
* make your privacy settings strong
 | * stand up for others
* support the victim
* report the bullying
* write supportive comments
* ask other bystanders to help
* tell somebody (teacher, parent)
* tell the bully to stop
 | * listen to the victim
* support the victim
* do things together
* get professional help
* (call the police)
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