

## POSSIBLE SOLUTIONS

### 1. How do they feel?

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- a) **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
- b) **victim**: frightened, powerless, lonely, desperate, inferior, humiliated  
**bully**: jealous, powerful, superior  
**both**: e.g. guilty, frustrated, insecure
- c) individual answers

### 2. Let's talk about cyberbullying!

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a)

<b>Scenario 1</b> <ul style="list-style-type: none"><li>- to post embarrassing pictures of somebody (without their permission)</li><li>- to share and repost embarrassing pictures of somebody (without their permission)</li><li>- to leave offensive and rude comments (under pictures or videos)</li><li>- to laugh at somebody</li></ul>	<b>Scenario 2</b> <ul style="list-style-type: none"><li>- to tease somebody</li><li>- to ignore somebody's messages</li><li>- to send mean messages</li><li>- to remove somebody from a chat (without asking them)</li></ul>
<b>Scenario 3</b> <ul style="list-style-type: none"><li>- to create a fake account for somebody else (without their permission)</li><li>- to post racist comments</li><li>- to spread rumours</li></ul>	<b>Scenario 4</b> <ul style="list-style-type: none"><li>- to insult somebody (anonymously)</li><li>- to call somebody names</li><li>- to threaten somebody</li></ul>
<b>Scenario 5</b> <ul style="list-style-type: none"><li>- to tell lies</li><li>- to make fun of somebody</li><li>- to share photoshopped pictures of others (without their permission)</li><li>- to photoshop a picture (in a mean way)</li></ul>	

b) see mind map

c) individual answers



d)

<b>victims</b>	<b>upstanders</b>	<b>friends &amp; family</b>
<ul style="list-style-type: none"> <li>• keep calm</li> <li>• tell somebody (teacher, parent, friend)</li> <li>• document the attacks/take screenshots</li> <li>• block the bully</li> <li>• report offensive comments</li> <li>• don't reply in anger</li> <li>• make your privacy settings strong</li> </ul>	<ul style="list-style-type: none"> <li>• stand up for others</li> <li>• support the victim</li> <li>• report the bullying</li> <li>• write supportive comments</li> <li>• ask other bystanders to help</li> <li>• tell somebody (teacher, parent)</li> <li>• tell the bully to stop</li> </ul>	<ul style="list-style-type: none"> <li>• listen to the victim</li> <li>• support the victim</li> <li>• do things together</li> <li>• get professional help</li> <li>• (call the police)</li> </ul>