



Research about cyberbullying of first-year students Higher Education, in Municipality of Heraklion, about their personal experiences and ways to deal with the phenomenon.



**EUROPEAN  
SOLIDARITY  
CORPS**

# Internet

- The term internet first became known in **1982** and then expanded in the 1990s.
- Its use has brought about quite large social changes.
- Positives: Communication, Entertainment, E-Commerce, Information.
- Negatives: Privacy, Indecent Material, Identity Theft, Cybercrime.

# Social Media

- Social Media demonstrates **the ability of human groups** to interact and communicate through online communities. An early form of social networks appeared after **the end of World War A' around 1920**.
- **Positives:** communication, expansion of business contacts, lower costs, increased awareness of social and political issues, a variety of information.
- **Negatives:** risk of personal safety, communication and dependence.

# *Cyberbullying*

## *Defination*

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## *Types*

**Bill Belsey** from Canada created *this term* in one of his seminars with the title: Cyberbullying: An Emerging Threat for the "Always On" Generation -for parents and teachers "

It refers to the process of **targeting** a child or adolescent who is unable to easily **defend himself or herself repeatedly** from another peer through the use of technology to intentionally humiliate, threaten or harass the victim.

Cyberbullying can takes place in different types:

- Flaming
- Harassment)
- Denigration)
- Impersonation)
- Outing and Trickery)
- Cyber Stalking
- Happy Slapping

# Reasons

- **Anonymity of the Internet:** so the perpetrator is not punished, nor is he easily identified
- **Rapid spread of the message:** so more harm to the victims and more pleasure to the perpetrators
- **Strong emotions** from both the perpetrator and the victim: loneliness, irritability, strong desire to impose force
- **The lack of** psychological support and the lack of psychological bonds

# Consequences

- Decreased self-esteem
- Depression
- Development of eating disorders
- Long-term emotional and relationship disorders
- Suicide and increased tendency to violence

# Prevention and Treatment

- Reporting these incidents to the competent authorities
- Proper information about the negative effects
- The action of teachers
- Parents need to be a trusted place for children and teens to turn when online conditions are considered dangerous

# The role of a Social Worker

- ❖ It works either on an **individual** or **group** / collective level
- ❖ The provision of services of a Social Worker in relation to cyberbullying in the **educational context**, it has to do with **prevention and effective** treatment of the problem through many practices:
  - The creation of groups of individuals (students) where through experiential methods they will be able to externalize and manage emotions
  - The organization of informative speeches and workshops on the subject of cyberbullying
  - Providing counseling to families with child victims / adolescents, perpetrators and observers
  - Providing support to every pupil / student involved in cyberbullying
  - The design and implementation of Health Promotion Programs: mental, social and physical health

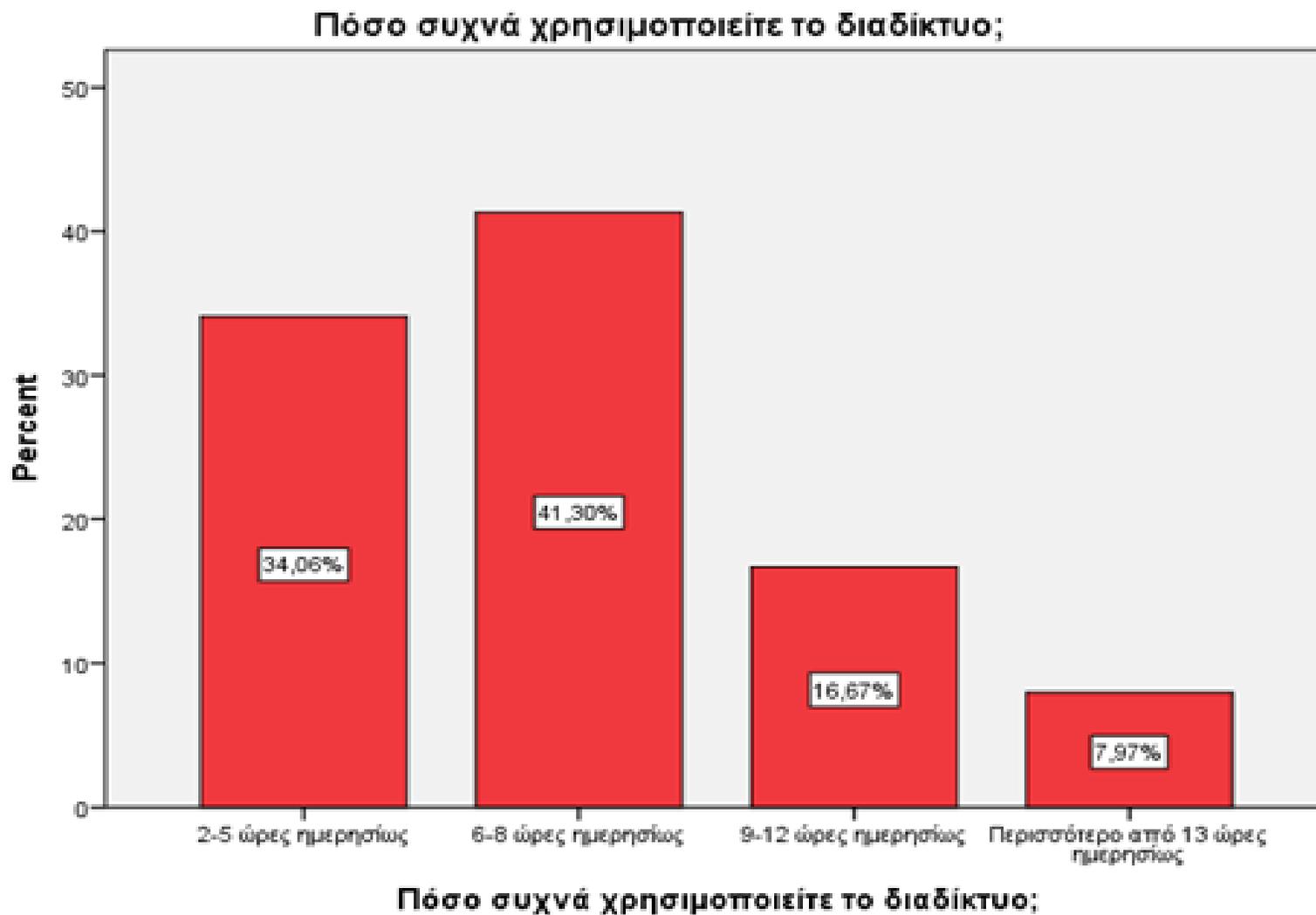
# New Technologies

Respondents answer:

- They use the mobile phone a lot (35.5%)
- **They use enough the laptop (39.1%)**
- **92% use Youtube**
- **91.3% use Facebook**
- 85.5% use Instagram
- 36.2% use Google
- 83.3% dont use tablet at all

## Chart 1

# Frequency of use Internet



## C. Issues related to cyber bullying

### *Types of Cyber bullying*

When someone sends malicious comments to someone on the internet and shares it with their friends	120	87%
When someone sends threatening messages or photos to someone	127	92%
When someone pretends to be someone else online	68	49.3%
When someone uses someone else's cell phone to harm them	91	65.9%
The constant insecurity and the fact that now all our movements on social media are used by companies, without explicit permission from us, for purposes we do not know.	1	0.7%
The poll of audiovisual material with a person who has not given his consent for it	1	0.7%
Interception of personal data and their malicious use or its use to intimidate the victim	1	0.7%
When one blackmails another in order to gain something	1	0.7%
When one uploads false information to harm the other's psychology	1	0.7%

# Activities related to cyber bullying

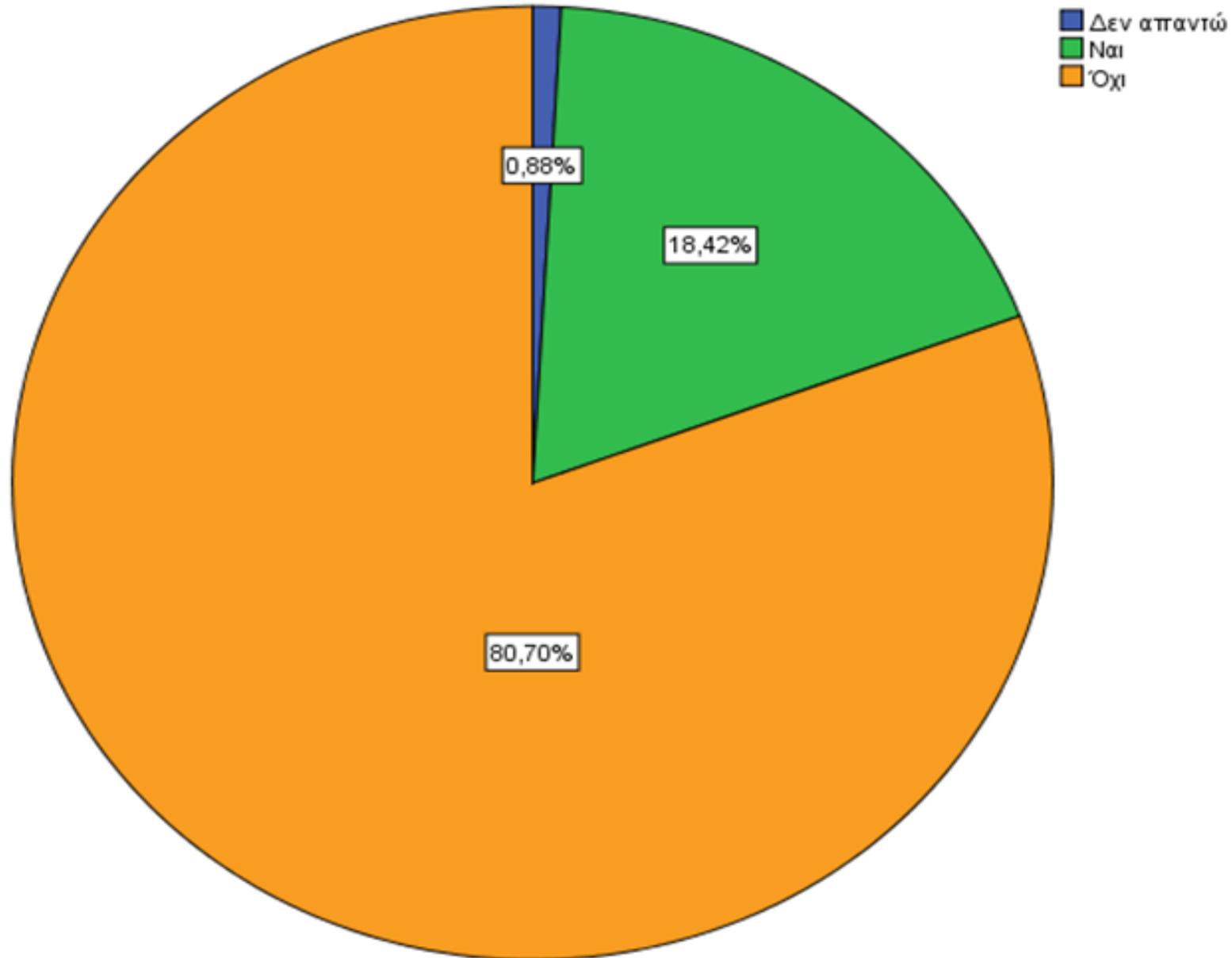
	Yes		No		I don't know- I don't answer	
	N	%	N	%	N	%
Have you ever been friends with people through social media? (Facebook, Instagram, Twitter)	<b>98</b>	<b>68.8%</b>	42	30.4%	1	0.7%
Have you ever given fake information to a stranger on the internet?	51	37%	<b>80</b>	<b>58%</b>	6	4.3%
Do you think the family plays a role in creating cyber perpetrators or victims?	<b>115</b>	<b>83.3%</b>	14	10.1%	9	6.5%
Have you ever exchanged personal data with a stranger on the internet?	44	31.9%	<b>91</b>	<b>65.9%</b>	3	2.2%

## D. Perpetrators and Victims

*Have you ever been a victim of cyber bullying?*

- Yes (green)
- No (orange)
- I am not answering (blue)

Έχετε υπάρξει ποτέ θύμα ηλεκτρονικού εκφοβισμού;



# Recording incidents of cyberbullying

	Yes		No		I don't know- I don't answer	
	N	%	N	%	N	%
The person who bullied you was a familiar person?	8	5.8%	15	10.9%	<b>10</b>	<b>7.2%</b>
Did you ask for help when you were bullied?	8	5.8%	<b>18</b>	<b>13%</b>	6	4.3%
Have you ever been an observer at a syber-bullying incident?	<b>14</b>	<b>10.1%</b>	12	8.7%	7	5%

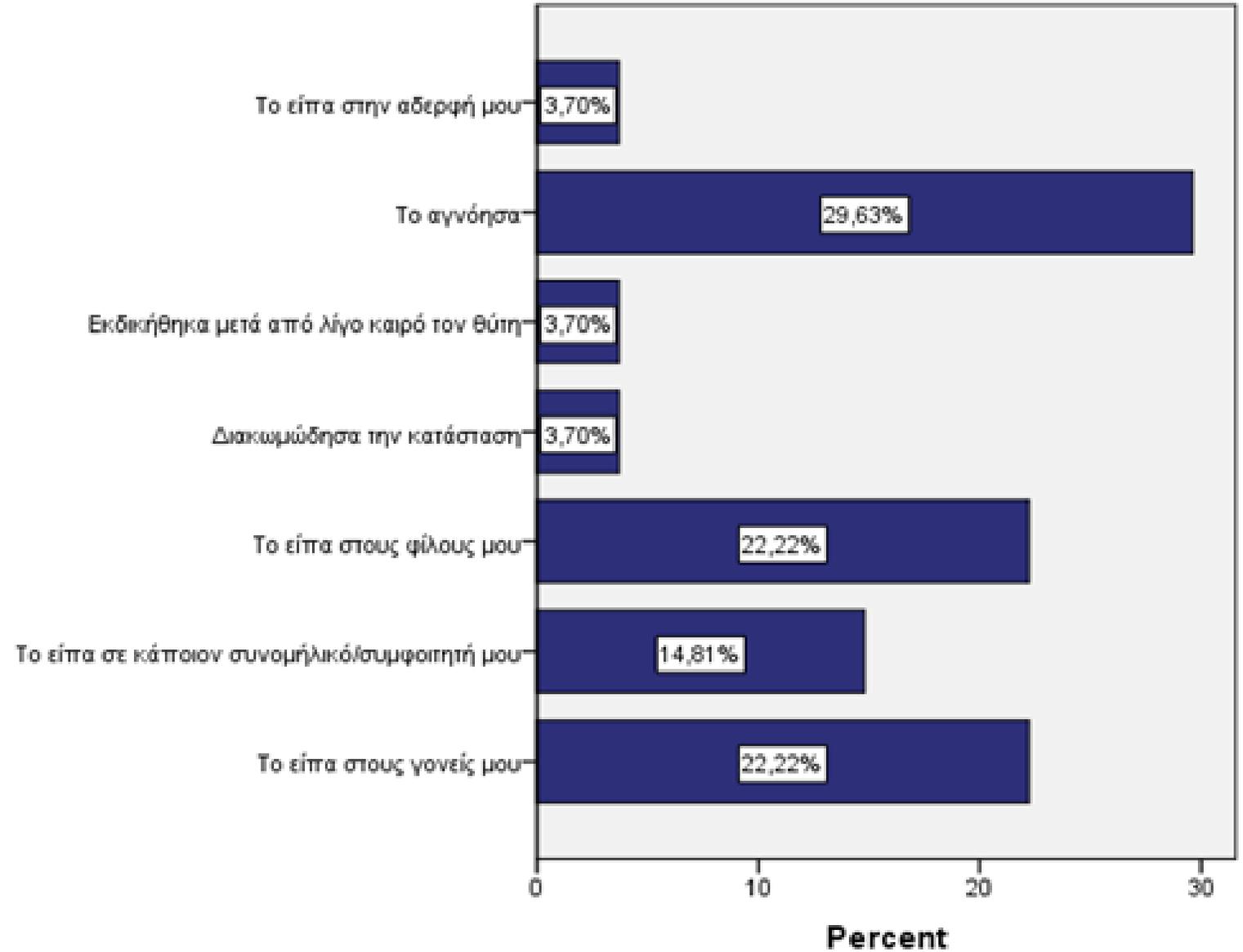
*How cyber bullying was taking place?*

	Ναι		Όχι		Δεν μου έχει συμβεί	
	N	%	N	%	N	%
Personal data (photos, videos) was sent to other people	8	5.8%	12	8.7%	<b>10</b>	<b>7.2%</b>
<b>I have been defamed</b>	13	<b>9.4%</b>	7	5.1%	<b>10</b>	<b>7.2%</b>
They tried to deceive me	11	8%	10	7.2%	<b>10</b>	<b>7.2%</b>
They tried to isolate me	6	4.3%	<b>13</b>	<b>9.4%</b>	<b>10</b>	<b>7.2%</b>
<b>They commented negatively on me, mentioning my name</b>	14	<b>10.1%</b>	7	5.1%	9	6.5%
<b>They sent me offensive messages or photos</b>	<b>15</b>	<b>10.9%</b>	6	4.3%	9	6.5%
I was threatened	9	6.5%	12	8.7%	9	6.5%

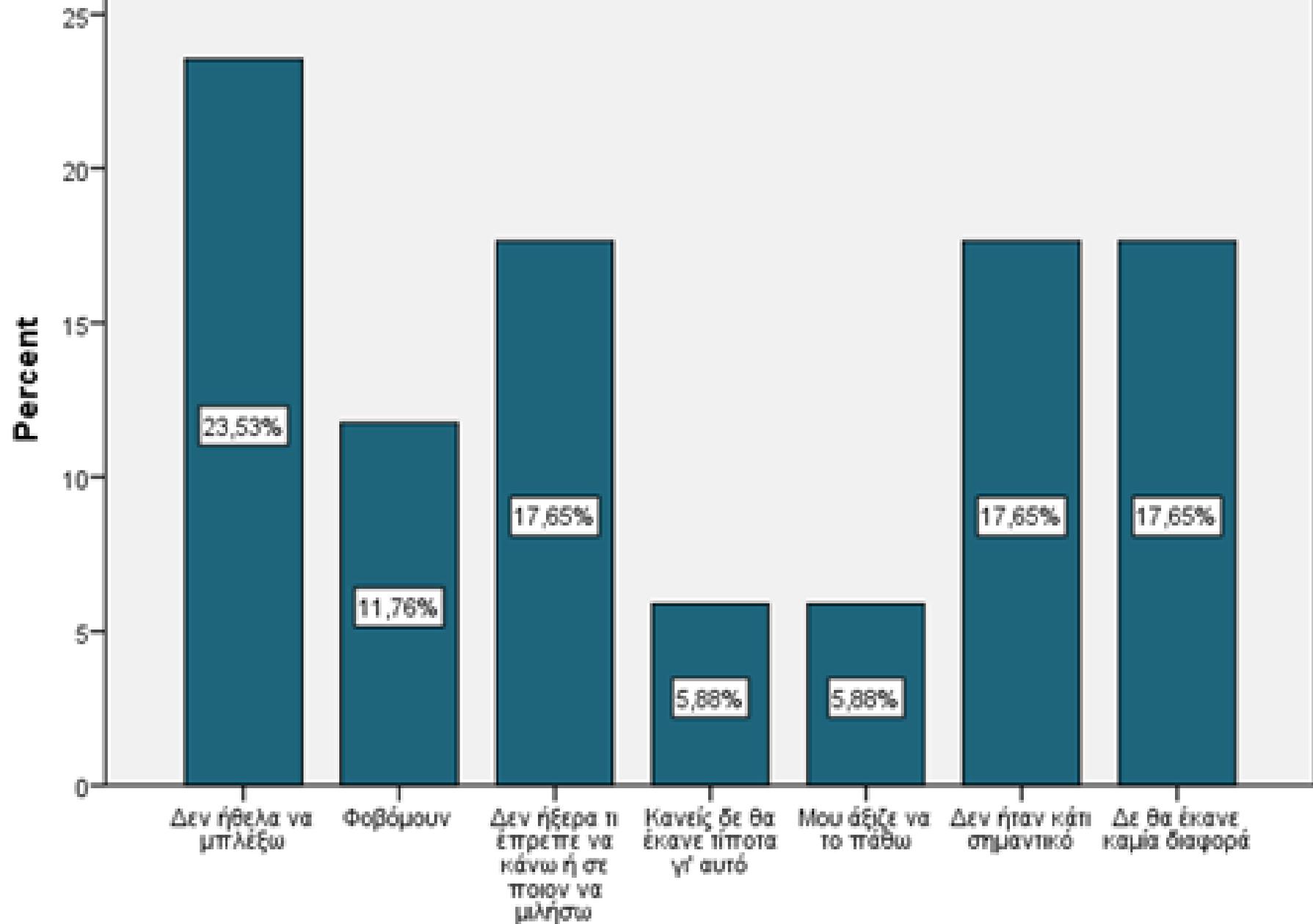
*How the victims reacted?*

Πώς αντιδράσατε όταν σας ασκήθηκε διαδικτυακός εκφοβισμός;

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*Why they  
did not do  
anything about  
that?*

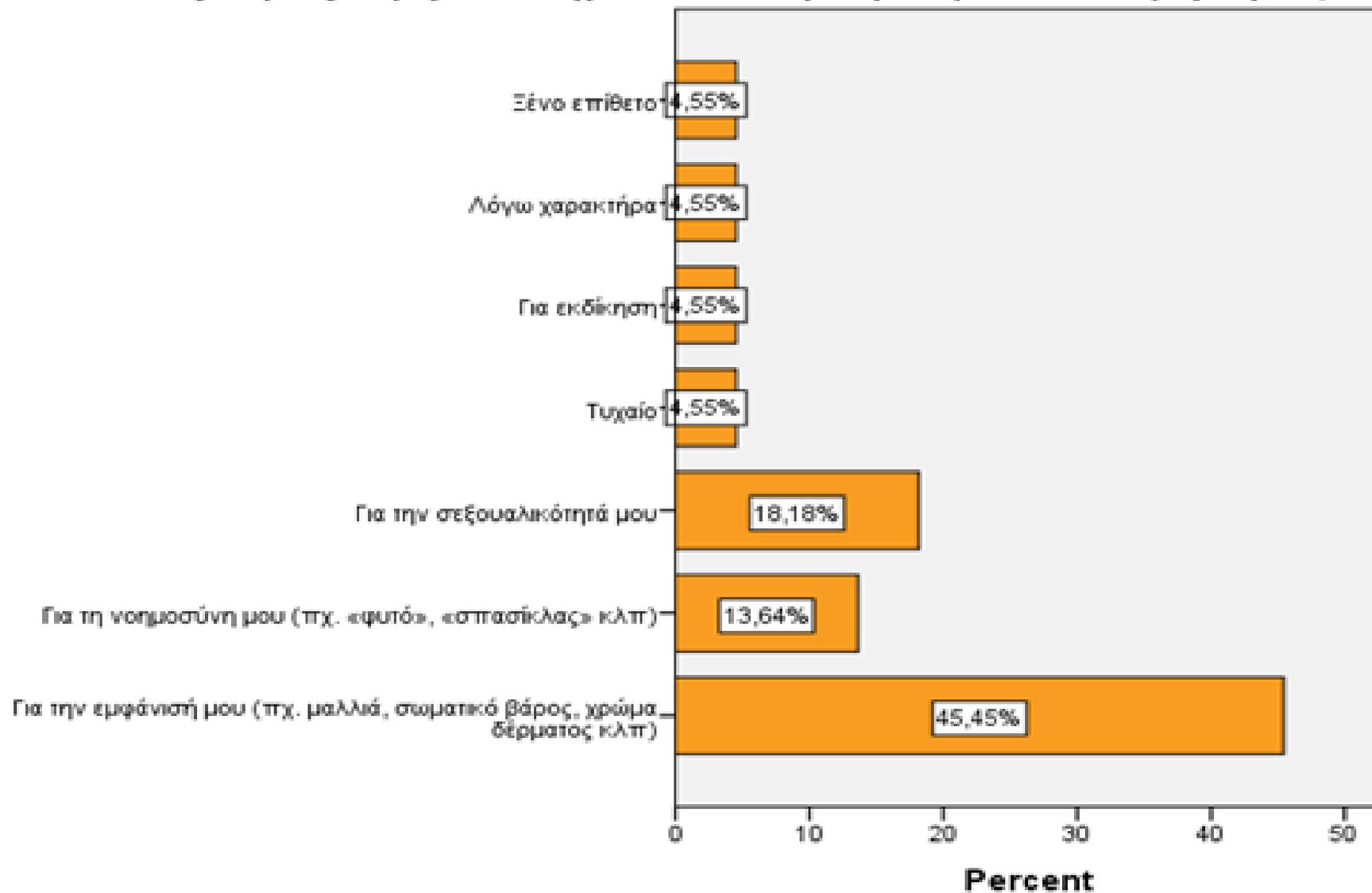


Σε περίπτωση που το αγνοήσατε, για ποιον λόγο;

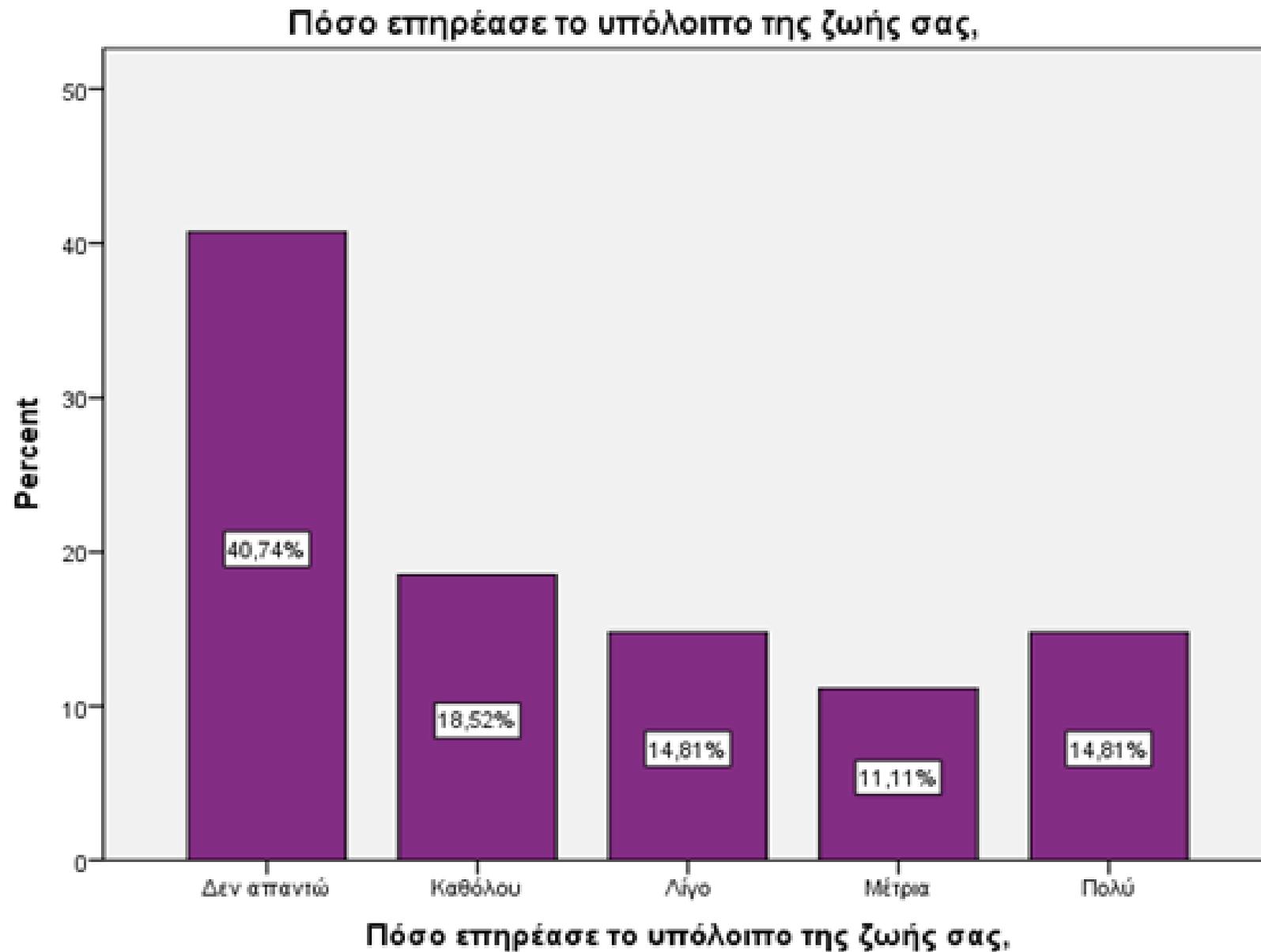
*Why they believe were victims?*

Για ποιους λόγους νομίζετε ότι έχετε πέσει θύμα ...

Για ποιους λόγους νομίζετε ότι έχετε πέσει θύμα ηλεκτρονικού εκφοβισμού;



How much  
this affected  
their lives?



# Conclusions (1)

- Students use **enough the computer**, the **mobile more than a lot**, while the **tablet does not use them at all**. They use the **internet 6-8 hours per day** and mainly **Youtube**.
- Most of people are **aware of** the term "**cyberbullying**". They believe that **the family** plays a really **important role** in the creation of **cyber perpetrators or victims**, while they suggest a support line for the victims and the schools to work with parents to help the children who have fallen victim.
- Most of them **have not been victims of cyberbullying**. However, the victims stated that they had been sent **offensive messages or photos**, they had been **bullied by Facebook**, this had happened **twice**, they had been harassed **online by a man aged 14-17**, it lasted **one to two weeks**.

## Conclusions (2)

Most of the students stated that they were harassed because of **their appearance** and it was **very harsh** for them. **40.74%** did **not** answer.

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- Students feel they have **enough virtues** and are able to do things as well as most of people. While they feel to a **small extent/level** that they have **not accomplished** many things of which they can be proud of.
- Most of students **agree** the victims should **turn to health professionals**.
- There is **no correlation** between **their relationship with their friends and their mother** with the likelihood of falling victim to cyberbullying. While **there is a correlation** between **students' relationship with their father** and the likelihood of being bullied. So if they have a good relationship with their father, the less likely it is that students will be bullied .

# Suggestions

- The phenomenon of **Cyberbullying and its effects** to be more known in the society
- **Less use** of the internet and further information about **the risks** involved.
- Increase of **support lines** and consulting services in general.
- **Further actions** to combat the phenomenon

Thank you very much for your attention!

