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THE CYBER SHIELD

(FOR DUMMIES)

Working On Universal and Normalized Digital wounds in adults

2021-2-IS01-KA220-ADU-000049951



VON HOPE



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The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes and consequences of cyberbullying among young adults. Dr. Sameer Hinduja and Dr. Justin W. Patchin posts about issues relevant to helping people use technology, safely and responsibly.

<https://stopcyberbullyingday.org>

Anti-Cyberbullying Day is an annual event that brings together millions of people around the world to celebrate and promote a truly diverse and inclusive Internet.

www.wiredsafety.com

WiredSafety is the largest and oldest online safety, education and help group in the world. It now provides one-to-one help, extensive information and education to cyberspace users of all ages, on a myriad of Internet and interactive technology safety, privacy and security issues.

YOUTUBE CHANNELS:

True Crime Daily. This YouTube channel covers true crime stories from around the world, including cases of cybercrime. They provide in-depth analysis and coverage of each case and also feature interviews with experts and victims.

Stephanie Harlowe. It is a true crime YouTube who covers a wide range of cases, including cybercrime. Her videos are well-researched and include detailed information about the cases and the people involved.

Jim Can't Swim. It is a YouTube channel that explores the psychology of criminals and the tactics used by law enforcement to solve crimes. They cover a range of crimes, including cybercrime, and provide a unique perspective on each case.

12. WHAT IS A DIGITAL WOUND?

BLACK CHRONICLE OF CYBER THREATS VICTIMS

AMANDA TODD

A Canadian teenager who was cyberbullied after sharing a topless photo of herself online. The bullying continued even after she moved to a different city and educational center. She eventually committed suicide in 2012 and her story has become a rallying cry for anti-bullying campaigns.

<https://www.bbc.com/news/health-2012-04-06>

REBEKAH PARSONS

A Canadian teenager who was cyberbullied after she was allegedly sexually harassed by four young boys, at a party. Photos of the assault were shared online and Rebekah was relentlessly bullied by her peers. She committed suicide in 2013.

<https://www.cbc.ca/news/health/remembering-rebekah-parsons-1.3508888>

TYLER CLEMENTI

A college student in the United States who was cyberbullied after his roommate used a webcam to secretly record him in an intimate encounter with another man. The video was then posted online and Tyler eventually took his own life.

<https://www.cbc.ca/news/health/remembering-tyler-clementi-1.3508888>

GYPSY BLANCHARD

A young woman in the United States who was the victim of cyberstalking by her mother, who had Munchausen syndrome by proxy. Her mother created fake online personas and medical conditions, and subjected Gypsy to years of abuse and manipulation. Gypsy eventually helped plan the murder of her mother in 2015 and is currently serving a 10-year prison sentence.

<https://www.cbc.ca/news/health/remembering-gypsy-blanchard-1.3508888>

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INTRODUCTION:

Imagine waking up to a sunny day. Everything seems good. You feel fine and are looking forward to the day ahead. You turn on your computer and check your email, only to discover that your wallpaper shows a weird message: “I have all your files and hacked all your accounts. Suffer.”

With panic building in your body, you check your phone. It looks unharmed at first, but when you check your bank account, you find that your funds have been drained.

You check your Facebook account and find that it is blocked. Your friends have sent you screenshots of your accounts from a few hours ago, showing your naked selfies, which you took to track your weight loss journey. Hoaxes and rumors are being circulated in your name, alleging that you had an affair with your best friend’s boyfriend and your messages are being fabricated.

As you try to comprehend what has happened, you start receiving threatening messages from a group of online bullies. They appear to know everything about you and they’re not afraid to use that knowledge against you.

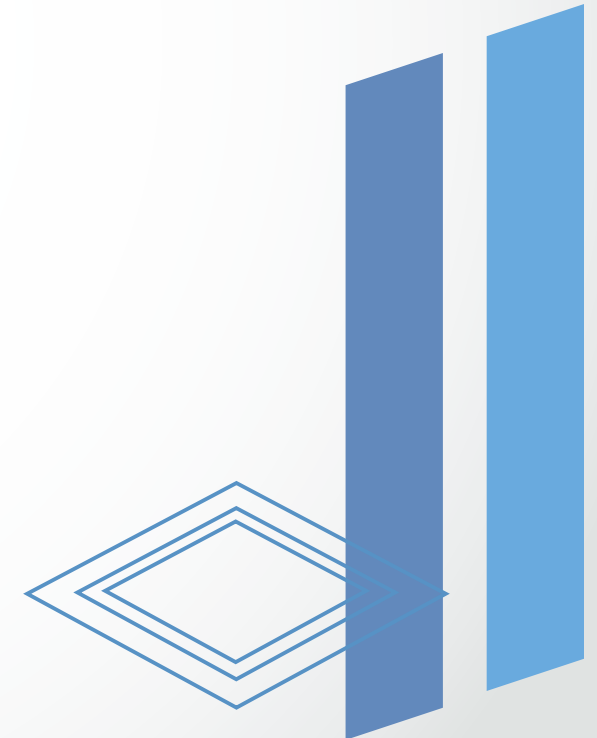
The experience is traumatizing and takes a toll on your mental health. You start to question everything you do online and become hyper-vigilant about your privacy and security. The once-friendly online world now seems like a minefield of potential threats and dangers.

Millions of people around the world are victims of cyber attacks, cyberbullying, and online scams every day. The internet has brought us many be-

nefits, but it has also brought with it a new set of challenges that we must learn to navigate.

In this book, we will explore these challenges, the wounds inflicted in the digital realm, and the resilience and healing that can arise from them. We will embark on a journey through the complexities of the online world, seeking to understand, protect, and ultimately, connect in an age where our actions and words carry profound consequences.

Welcome to the exploration of digital wounds, where we seek not only to understand but also to heal, to bridge the divide that separates us in the virtual world, and to emerge with hearts and minds more connected than ever before.



CHAPTER 1. WHAT IS A DIGITAL WOUND?



Chapter is divided into 3 main areas:

- **Definition Enhanced:** Clarified the definition of digital wounds, emphasizing their psychological and societal impacts.
- **Causes and Spread:** Detailed explanation of why digital wounds spread easily, incorporating concepts like online disinhibition, anonymity, and asynchronicity.
- **Initial Case Examples:** Introduced brief real-life scenarios to illustrate the concept of digital wounds.

In today's world where we're always online, a new kind of hurt called "digital wounds" has started to show up. These aren't cuts or bruises, but rather the emotional and mental hurts we get from bad experiences online, like being bullied or harassed, or even hurting ourselves by how we act on social media.

Researchers, like M.E. Jensen and others, have been studying these digital wounds deeply. They've found that sometimes people hurt themselves using social media, like making fake profiles to put themselves down or getting into hurtful situations online. This shows that these digital wounds can come from others or from our own actions.

This book, "Understanding Digital Wounds: Navigating the Online World," wants to dive deep into these emotional hurts. We're going to look at how these wounds happen, how they affect our mental health, and what we can do to feel better. By using important research, we aim to give everyone a complete guide to understanding and healing from these digital wounds as we all live more of our lives online.

As we go through this journey, we'll learn about the hidden but big effects of how we interact online, with the goal of making the online world a healthier place for everyone.

CAUSES AND SPREAD

In today's digital world, the increasing occurrence of digital wounds — those invisible yet profoundly impactful emotional hurts from online interactions — is drawing significant attention. To tackle this modern issue, it's vital to understand the factors that contribute to their quick spread. This chapter dives into the theories and concepts that explain the swift spread of these digital injuries.

Digital wounds are indicative of the changing ways we interact and connect in this digital age. They represent the emotional and psychological damages we encounter across various digital platforms, from social media engagements to quick instant messaging exchanges. Delving into the causes of their rapid spread is crucial to fully comprehend the scope of this problem in our highly connected society.

To gain a deeper insight into this issue, we will explore a key psychological theory that highlights the behavioral shifts occurring in digital spaces. This theory will provide a lens through which we can better understand the dynamics of digital wounds and their propagation in online environments.



CONCEPT OF ONLINE DISINHIBITION EFFECT

At the core of grasping why digital wounds spread is Suler's "Online Disinhibition Effect" theory (Suler, 2004). This idea posits that individuals often act more freely and with less caution online than they do in person. The reasons behind this behavior are complex and varied. Essentially, the online world might make us feel more anonymous or detached, leading to actions we wouldn't typically take in face-to-face interactions. Understanding this effect is crucial to comprehending the widespread nature of digital wounds in our internet-dominated era.

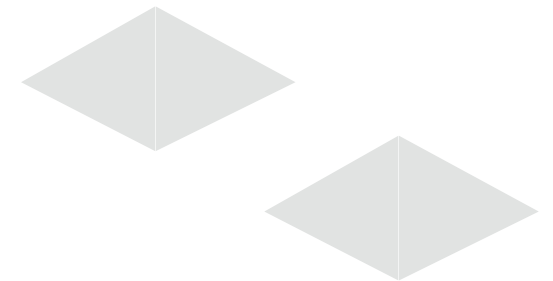
ANONYMITY IN DIGITAL SPACES

In online spaces, anonymity acts like a shield, making people feel invisible and more confident in saying or doing things they usually wouldn't in person (Lapidot-Leffler & Barak, 2012). This feeling of being hidden behind a screen can sometimes lead to harsher or more aggressive ways of talking or interacting.

ASYNCHRONICITY OF ONLINE INTERACTIONS

The delayed nature of online conversations, known as asynchronous communication, deeply influences how we interact with each other (McKenna & Bargh, 2000). Unlike face-to-face talks, these delays in response can cause more misunderstandings and intensify disagreements, adding to the spread of digital wounds.

For instance, imagine sending a message in a group chat and not receiving an immediate reply. This delay might lead someone to assume disinterest or disagreement, fueling unnecessary anxiety or conflict that escalates by the time a response is finally given.



ECHO CHAMBERS

Looking at it from a sociological angle, the way people interact in online groups significantly influences the spread of digital wounds. The behaviors and echo chambers within these online communities can amplify aggressive actions and increase the number of such wounds. For example, in a tightly-knit gaming community, if a few members start trolling or harassing a player, others might join in or ignore the behavior, creating a cycle of aggression and further spreading digital wounds.

SOCIAL IDENTITY MODEL OF DEINDIVIDUATION EFFECTS (SIDE)

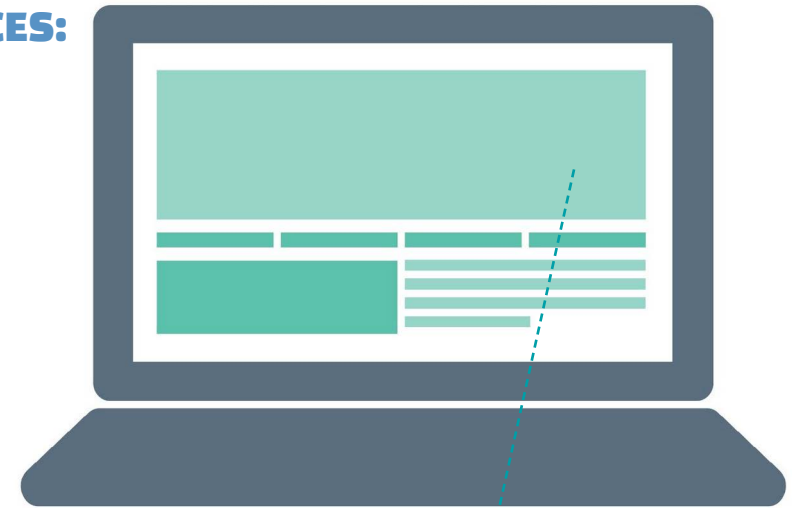
To really understand the mental impact of digital wounds, it's essential to explore theories like the Social Identity Model of Deindividuation Effects (SIDE). This idea helps explain why individuals might display increased aggression in online group settings, often losing their personal identity in the crowd. Additionally, studies have pointed out the significant mental distress resulting from experiences like online harassment and cyberbullying (Patchin & Hinduja, 2010).



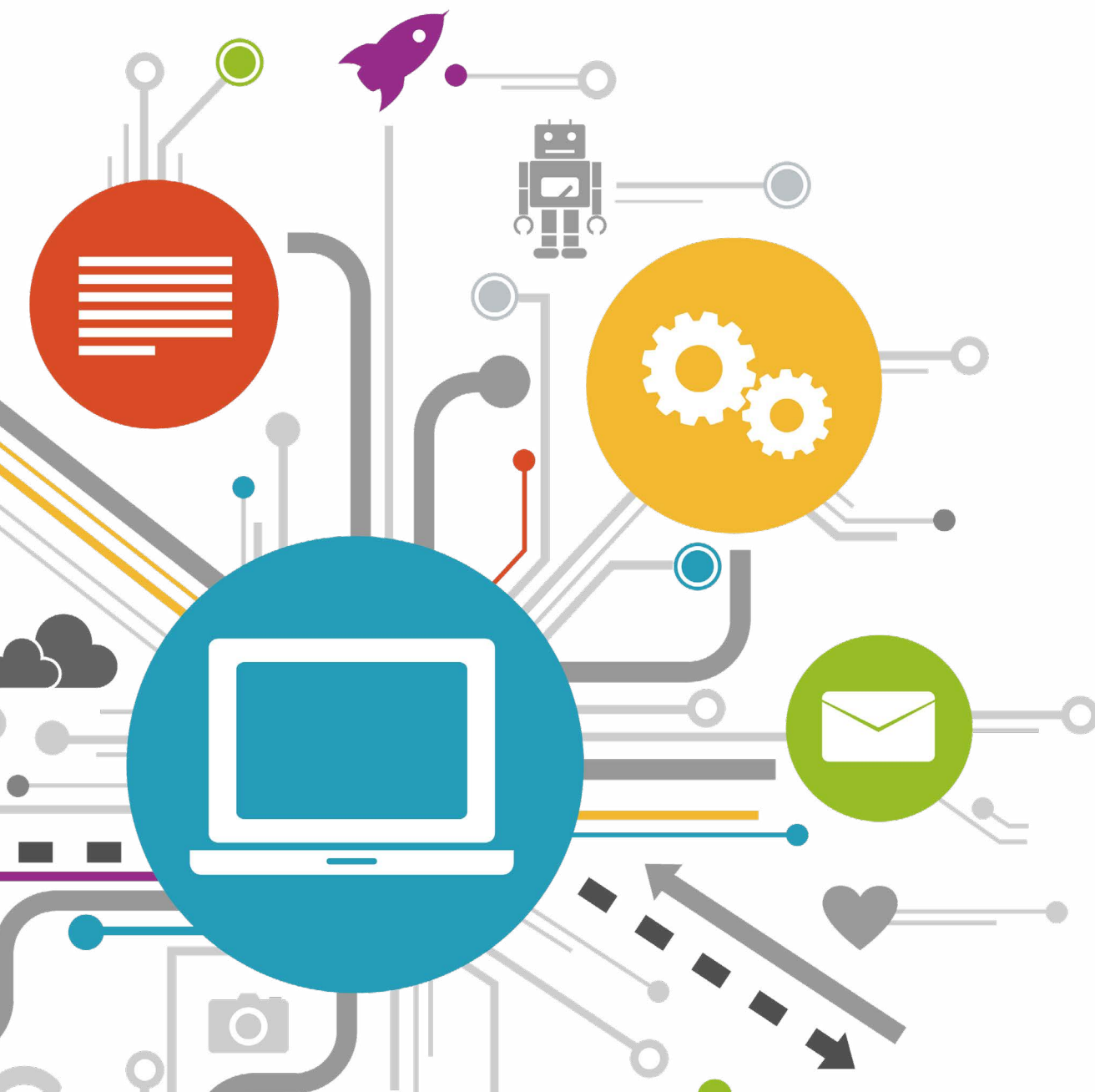
CONCLUSION AND IMPLICATIONS

In conclusion, the ease with which digital wounds spread is a complex interplay of online disinhibition, anonymity, asynchronicity, and the distinct social dynamics of digital spaces. Recognizing these factors is the first step toward addressing this modern challenge. In the subsequent chapters, we will explore strategies to mitigate these factors and pave the way for a healthier online environment.

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1. Suler, J. (2004). The Online Disinhibition Effect. *CyberPsychology & Behavior*, 7(3), 321-326.
2. Lapidot-Lefler, N., & Barak, A. (2012). Effects of Anonymity, Invisibility, and Lack of Eye-Contact on Toxic Online Disinhibition. *Computers in Human Behavior*, 28(2), 434-443.
3. McKenna, K. Y. A., & Bargh, J. A. (2000). Plan 9 from Cyberspace: The Implications of the Internet for Personality and Social Psychology. *Personality and Social Psychology Review*, 4(1), 57-75.
4. Patchin, J. W., & Hinduja, S. (2010). Cyberbullying and Self-Esteem. *Journal of School Health*, 80(12), 614-621.



SUMMARY OF CHAPTER 1

Digital wounds are increasingly recognized for their psychological and societal effects. These are the emotional or social injuries we get from interacting online, often made worse by things like not knowing who we're talking to or delays in communication.

We prepare to dive deeper into this topic by discussing real-life examples and studies, such as the MIT research on how false information spreads online. We also look at how social media marketing can sometimes push forward controversial or harmful content. This sets the foundation for exploring ways to reduce these negative impacts and encourage a safer online world.

As we move forward, the document outlines various strategies to address digital wounds, especially focusing on how we manage our emotions, support each other in communities, and what policies might help. The upcoming sections aim to provide a detailed and active approach to understanding and healing from these digital wounds, helping us navigate a world that's more connected than ever.

BLACK CHRONICLE OF CYBER THREATS VICTIMS



AMANDA TODD

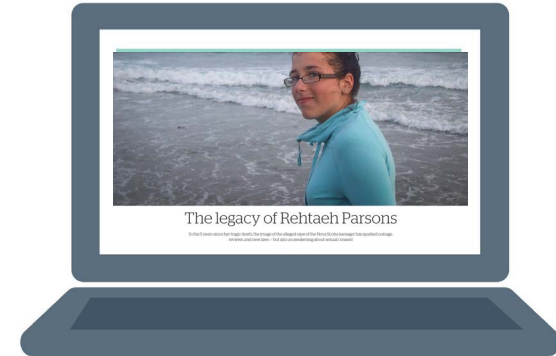
A Canadian teenager who was cyberbullied after sharing a topless photo of herself online. The bullying continued even after she moved to a different city and educational center. She eventually committed suicide in 2012 and her story has become a rallying cry for anti-bullying campaigns.

Amanda Todd: Dutchman sentenced for fatal cyber-stalking. (n.d.). BBC News. <https://www.bbc.com/news/world-us-canada-63218797>

TYLER CLEMENTI

A college student in the United States who was cyberbullied after his roommate used a webcam to secretly record him in an intimate encounter with another man. The video was then posted online and Tyler eventually took his own life.

Tyler Clementi's Story & Tyler Clementi Foundation. (n.d.). Tyler Clementi Foundation. <https://tylerclementi.org/tylers-story-3/>



REHTAEH PARSONS

A Canadian teenager who was cyberbullied after she was allegedly sexually assaulted by four young boys, at a party. Photos of the assault were shared online and Rehtaeh was relentlessly bullied by her peers. She committed suicide in 2013.

Five years gone: Remembering Rehtaeh. (2018, April 6). The Legacy of Rehtaeh Parsons | CBC News. <https://newsinteractives.cbc.ca/longform/five-years-gone>

GYPSY BLANCHARD

A young woman in the United States who was the victim of cyberstalking by her mother, who had Munchausen syndrome by proxy. Her mother created fake online personas and medical conditions, and subjected Gypsy to years of abuse and manipulation. Gypsy eventually helped plan the murder of her mother in 2015 and is currently serving a 10-year prison sentence.

The Story of Gypsy Rose Blanchard and Her Mother. (2021, June 3). Biography. <https://www.biography.com/crime/gypsy-rose-blanchard-mother-dee-dee-murder>



MEGAN MEIER

A 13-year-old girl in the United States who was cyberbullied by an adult neighbor posing as a teenage boy on MySpace. The bullying continued until Megan took her own life.

A. (2015, April 4). Understanding the Megan Meier Case - Cyber - LAWS.com. Cyber. <https://cyber.laws.com/megan-meier-case>

DANIEL PERRY

A teenager in the United Kingdom who was blackmailed by an unknown person on Skype. The blackmailer convinced Daniel to perform a sexual act on camera and then threatened to share the footage with his friends and family if he did not pay a large sum of money. Daniel ultimately took his own life in 2013.

Vandoorne, L. S. S. (2013, August 16). Reports: Teen Daniel Perry commits suicide over Skype blackmail scam | CNN. CNN. <https://www.cnn.com/2013/08/16/world/europe/uk-cyber-blackmail-suicide/index.html>

LIN JUN

A student in Canada who was murdered by Luka Magnotta, a man he met on an online dating site. Magnotta posted videos of the murder online and sent body parts to political offices in Canada. He was eventually convicted of the crime and sentenced to life in prison.

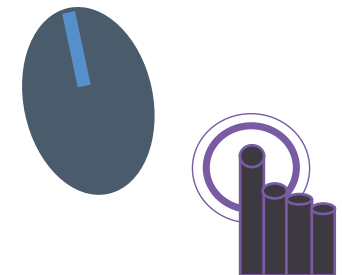
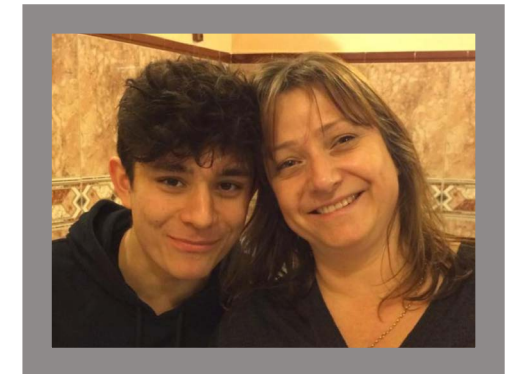
Who Was Jun Lin, The Man Whose Brutal Murder Went Viral In "Don't F**k With Cats"? | Oxygen Official Site. (2019, December 23). Oxygen Official Site. <https://www.oxygen.com/true-crime-buzz/jun-lin-luka-magnotta-victim-dont-f-with-cats-netflix-who-was-he>



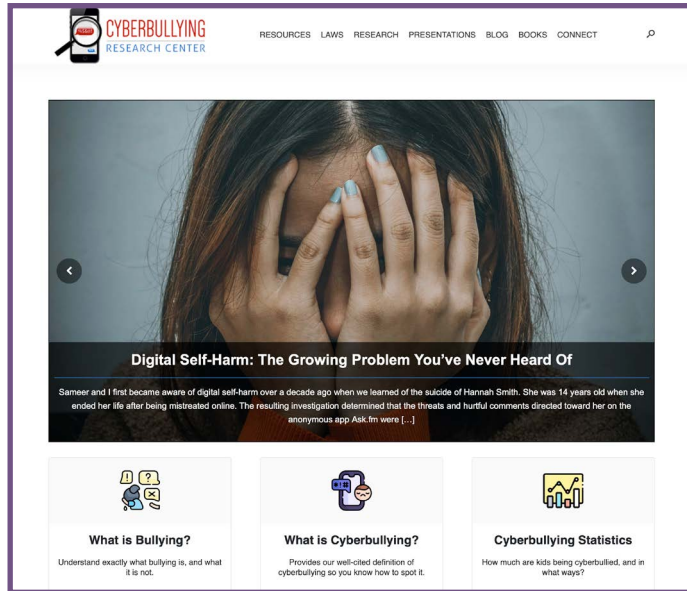
FELIX ALEXANDER

A teenager in Germany who was the victim of cyberbullying and harassment by his classmates. The bullying included racist and homophobic slurs and eventually led to Felix taking his own life in 2018.

Worcester mum fighting bullying to honour son, Felix Alexander. (2021, April 27). Worcester News. <https://www.worcesternews.co.uk/news/19259873.i-never-want-another-family-go-it-worcester-mum-speaks-fifth-anniversary-felix-alexanders-death/>



RECOMMENDED WEBSITES AND YOUTUBE CHANNELS:



<https://cyberbullying.org>

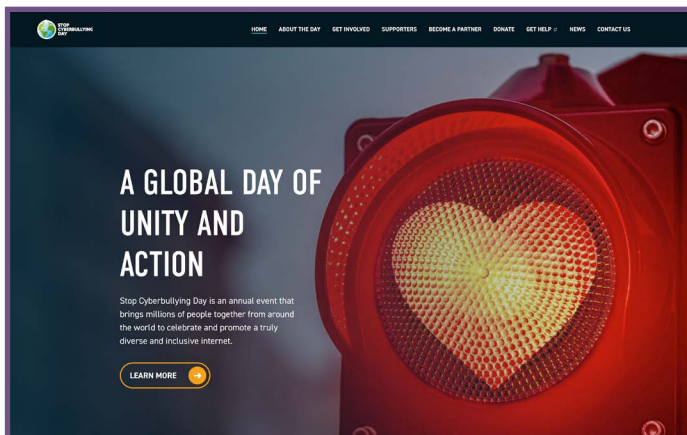
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<https://stopcyberbullyingday.org>

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www.wiredsafety.com

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Stephanie Harlowe. It is a true crime YouTuber who covers a wide range of cases, including cybercrime. Her videos are well-researched and include detailed information about the cases and the people involved.

Jim Can't Swim. It is a YouTube channel that explores the psychology of criminals and the tactics used by law enforcement to solve crimes. They cover a range of crimes, including cybercrime, and provide a unique perspective on each case.

CHAPTER 2. WHY THEY SPREAD SO EASILY?

In this chapter, we're diving into the complex factors that play a big role in the quick spread of digital wounds. We're looking at things like how people can hide their identity online, feel detached from their actions, or experience delays in communication. We're also considering how people's own thoughts and backgrounds influence their online behavior. These factors all contribute to the problem.

Factors Contributing to the Spread of Digital Wounds:

Dissociative Anonymity: Unmasking the Hidden Self

When people can hide who they are online, they might act in ways they normally wouldn't, sometimes being aggressive or hurtful. This hidden identity is a key part of why digital wounds spread. For instance, someone might anonymously post hurtful comments on a public forum, something they wouldn't do under their real name.

Invisibility: Out of Sight, Out of Mind

Next comes invisibility. When you don't see the immediate effects of your actions online, it's easier to cause harm. This, coupled with anonymity, shows how not seeing and not being seen can make online interactions more harmful. Picture someone making a disparaging remark on a social media post and then ignoring the fallout because they don't have to witness the hurt it causes.

Asynchronicity: The Time Between

Delays in online conversations can lead to misunderstandings and conflicts, making things worse. This lack of immediate back-and-forth adds complexity to digital communication. Imagine sending a sensitive message and misinterpreting the delayed response as disinterest or anger, which then escalates the tension.

Solipsistic Introjection: Echoing the Self

Sometimes, people project their own feelings and thoughts onto others online, leading to misunderstandings and creating echo chambers. This self-projection isolates different opinions and can spread digital wounds. For example, a user might read neutral comments as hostile, responding defensively and fueling an argumentative thread.

Dissociative Imagination: Detaching from Reality

People might also separate their online actions from real-life consequences, which can reduce empathy and responsibility, further spreading digital wounds. Understanding this separation is key to addressing the problem. Consider a person engaging in a heated online game, saying things they would never say in a face-to-face competition, believing the virtual environment separates them from real-world ethics.

Individual Differences and Predispositions: The Personal Factor

Everyone is different, and how we behave online can depend on our personality, past experiences, or mental health. Recognizing these differences is important for understanding and preventing digital wounds. A user with a history of being bullied might be more sensitive to certain comments online, while another might shrug them off easily.

Enhanced Examples: Connecting Theory to Reality

For example, an MIT study found that false information spreads faster than truth on Twitter, showing how digital platforms can amplify certain content. Imagine a viral rumor that causes widespread panic before the truth can catch up. And, social media isn't just for chatting — it's a powerful marketing tool that often emphasizes sensational content over the truth. Consider an ad campaign that goes viral for its controversial claims, overshadowing more nuanced or accurate information.

In the following chapters, we'll look at ways to counter these issues and promote healthier online interactions, aiming to create a more informed and resilient digital community. Each point is illustrated with imaginative examples, helping to clarify how these complex factors contribute to the spread and impact of digital wounds.

WHITE CHRONICLE OF CYBER THREATS SURVIVORS

SHIORI ITO

A journalist in Japan who was cyberstalked and sexually assaulted by a prominent journalist. The journalist had been sending Shiori threatening messages and following her on social media, before the assault occurred. Shiori went public with her story and has since become an advocate for women's rights in Japan.



Shiori Ito: Voices of sexual assault victims are being heard at last | The Asahi Shimbun: Breaking News, Japan News and Analysis. (2022, January 26). The Asahi Shimbun. <https://www.asahi.com/ajw/articles/14675805>

CHLOE KIM

A professional snowboarder in the United States who was the target of online bullying and body shaming, for being an Asian. Chloe responded to the bullying with a positive attitude and by embracing her body and her identity as a Korean-American athlete. She has since become an advocate for body positivity and mental health awareness.



Chloe Kim Says She Gets “Hundreds” of Racist Messages Monthly, Opens Up About Anti-Asian Attacks. (2021, April 2). Peoplemag. <https://people.com/sports/chloe-kim-says-she-gets-hundreds-of-racist-messages-monthly-opens-up-about-anti-asian-attacks/>

ANURADHA BHOSALE

An Indian journalist who used social media to raise awareness about a child trafficking ring in Maharashtra. She received threatening messages and was the victim of a hacking attack, but she persisted in her reporting and ultimately helped rescue 28 minors from the traffickers.



Anuradha Bhosale (Avani) - StarsUnfolded. (n.d.). StarsUnfolded. <https://starsunfolded.com/anuradha-bhosale/>

McLaughlin, C. (2020, September 17). Abuse, betrayal and cruel jokes: The real story behind Paris Hilton's sex tape. Mamamia. <https://www.mamamia.com.au/paris-hilton-sex-tape-documentary/>

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PARIS HILTON

A celebrity in the United States who became an advocate for stronger privacy laws, after she was the victim of a hacking attack. She worked with lawmakers to create the “Paris Hilton” bill, which makes it illegal to distribute sexually explicit images without the subject’s consent.

EMAN AL NAFJAN

A Saudi Arabian blogger who used her platform to raise awareness about women’s rights and the need for reform in the country. She faced harassment and threats from the government and conservative groups, but continued to write and speak out for women’s rights.

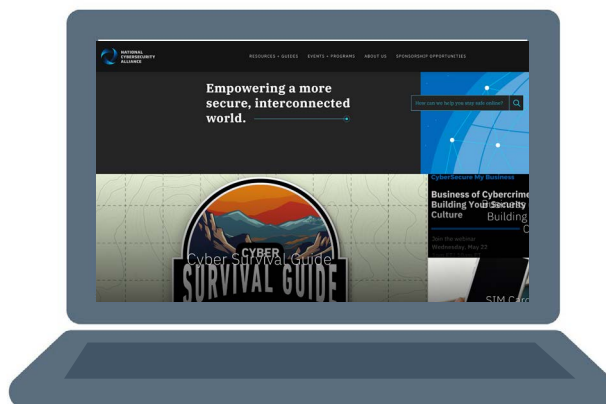
RECOMMENDED WEBSITES

StaySafeOnline.org

This website is a resource for anyone looking to stay safe online. It offers a range of tips and resources for protecting your devices, securing your accounts and avoiding online scams. It also provides educational resources for families and educators, including lesson plans and activity ideas. StaySafeOnline.org is a partner of the National Cyber Security Alliance, which is dedicated to promoting cybersecurity awareness and education. The website is a great place to start for anyone looking to learn more about cybersecurity and how to stay safe online.

<https://krebsonsecurity.com>

This website is run by cybersecurity expert Brian Krebs, who provides in-depth analysis and reporting on cybercrime and online security. Krebs is a former Washington Post reporter who has been covering cybersecurity for over a decade. His website provides insights into the latest threats and trends in the cybersecurity world, as well as offering advice and tips for staying safe online. KrebsOnSecurity is a valuable resource for anyone looking to stay up-to-date on the latest cybersecurity news and trends.



RECOMMENDED PODCASTS

CyberWire

This podcast covers the latest cybersecurity news and trends, as well as providing advice on how to stay safe online. Their daily podcasts provide insights into the latest threats and attacks, as well as interviews with cybersecurity experts. CyberWire is a valuable resource for anyone looking to stay up-to-date on the latest cybersecurity news and trends.

RECOMMENDED YOUTUBE CHANNELS

Techquickie

This YouTube channel offers quick, easy-to-understand explanations of various tech topics, including cybersecurity. Their videos provide practical advice on topics such as creating strong passwords, avoiding phishing scams and securing your devices. They also cover more complex topics, such as cryptography and network security, in a way that is accessible and easy to understand. Techquickie is a great resource for anyone looking to learn more about cybersecurity and how to stay safe online.

WARNING SIGNS A PERSON IS BEING CYBERBULLIED OR IS CYBERBULLYING, BY STOPBULLYING.GOV

It is a sad reality that a person may be ensnared in the web of cyberbullying, in various ways. All age groups can be the victim of intimidation; they may themselves oppress others; or they may simply bear witness to the bullying of others.

Regrettably, families, educators, and other adults may not have full knowledge of all the social media platforms and apps that a loved one may be utilizing. The more digital platforms we use, the greater is the exposure to potential perils of cyberbullying.

Several warning signals can indicate the presence of cyberbullying, with many of these signs manifesting around the person's use of their device. As young adults tend to spend extended periods on their devices, changes in use patterns may not always be immediately apparent. As such, it is imperative to remain vigilant when someone exhibits sudden alterations in their digital or social behavior.

Some indications that a person may be involved in cyberbullying include:

- Noticeable, swift increases or decreases in device use, including texting.
- Exhibits emotional responses (laughter, anger, upset) to what is happening on their device.
- Hides their screen or device when others are

- near and avoids discussion about what they are doing on their device.
- Social media accounts are closed or new ones appear.

- Starts to avoid social situations, even those that were enjoyed, in the past.
- Becomes introverted, depressed or loses interest in people and activities.



PREVENTING AND ADDRESSING CYBERBULLYING

Educators, educational centers' administrators, camp, community and faith-based staff have a unique opportunity to leverage their skills and roles to establish safe environments, with constructive social norms. They also have a special position to detect changes in young people's behavior in group settings, such as when a group of youngsters directs their attention to another, or when other indicators of cyberbullying are present.

There are methods that you can utilize in group settings, to prevent or address cyberbullying.

- If you suspect someone is being cyberbullied, have a private conversation with them, to inquire about it. They may also have evidence on their digital devices.
- If you believe a minor is being cyberbullied, communicate with their families about it. If necessary, act as a mediator between the minor, the family and the educational center.
- To comprehend digital behaviors and its relationship to cyberbullying, heighten your digital awareness.
- Create activities that foster self-reflection, prompting the recognition and expression of what they think and feel, and to consider the thoughts and feelings of others. Foster emotional intelligence, so that they can learn self-awareness and self-regulation skills, and understand how to have empathy for others.
- Model positive behavior towards others, reinforce it and reward it.
- Encourage peer participation in preventive strategies.



RECOMMENDED WEBSITES

Stopbullying.gov

This website provides resources and information on bullying prevention and intervention. The website is managed by the U.S. Department of Health and Human Services and provides a wide range of resources for families, educators and minors.

The website offers information on different types of bullying, including cyberbullying and provides tips and strategies for identifying and preventing bullying behavior. Stopbullying.gov also offers information on the legal aspects of bullying, including state and federal laws that protect citizens against bullying and harassment.

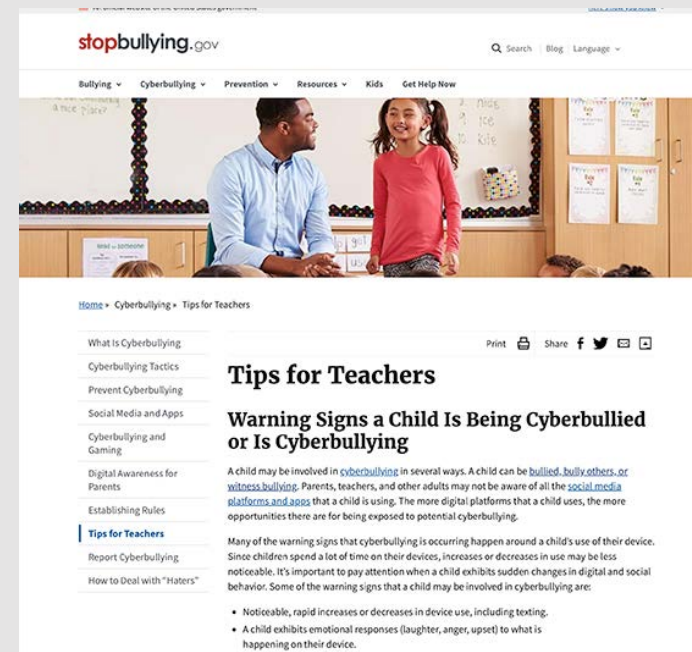
It includes interactive resources, such as videos and games, that help young adults learn about bullying prevention in a fun and engaging way. Stopbullying.gov also offers resources for educational centers, including guidance on developing bullying prevention programs and policies. It also has a section for families, with information on how to talk to their children about bullying and how to support them, if they are being bullied. Stopbullying.gov offers a range of resources for educators, including training materials and lesson plans on bullying prevention.

The website also includes a section for young people, with information on how to recognize and respond to bullying, as well as resources for getting help, if they are being bullied. Stopbullying.gov also offers resources for community

organizations and healthcare professionals, including guidance on developing community-wide bullying prevention efforts.

Another section includes information on cyberbullying and on how to prevent and respond to online bullying behavior. Stopbullying.gov also offers a range of resources for individuals who have experienced bullying, including tips on how to cope with the effects of bullying and how to get help.

Overall, stopbullying.gov is a valuable resource for anyone looking to prevent or respond to bullying behavior, with a wealth of information and resources available for families, educators and young people alike.



RECOMMENDED YOUTUBE CHANNELS

Social Engineering.

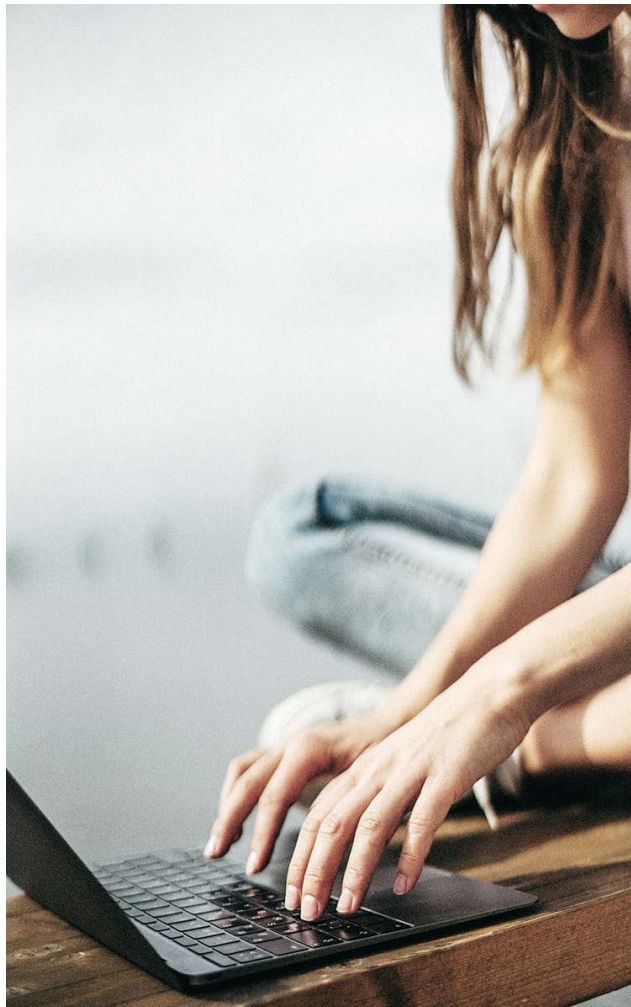
This YouTube channel explores the world of social engineering, which involves using psychological tactics to manipulate individuals or groups. The channel covers a wide range of topics, including phishing scams, identity theft and other types of fraud. The videos are informative and well-researched, providing valuable insights into the tactics used by social engineers to exploit their victims.

Cybersecurity Ventures.

This YouTube channel covers the latest trends and news in the world of cybersecurity. The channel features interviews with cybersecurity experts, as well as analysis of the latest threats and attacks. The videos provide insights into the strategies used by cybercriminals to breach security systems, as well as advice on how to protect against cyber threats.

MalwareTech.

This YouTube channel is run by Marcus Hutchins, a cybersecurity expert, who gained fame for stopping the WannaCry ransomware attack, in 2017. The channel covers a range of cybersecurity topics, including malware analysis, hacking techniques and cybersecurity news. Hutchins' expertise and experience make this channel a valuable resource for anyone looking to stay up-to-date on the latest cybersecurity threats and trends.



RECOMMENDED PODCASTS

Security Now

This podcast is hosted by Steve Gibson, a renowned cybersecurity expert and researcher. The podcast covers a wide range of cybersecurity topics, including encryption, online privacy and cybersecurity news. The show is informative and engaging, with Gibson providing insights and analysis that are accessible to both technical and non-technical audiences.

Darknet Diaries

This podcast covers the darker side of the internet, including cybercrime, hacking and other illegal activities. The host, Jack Rhysider, tells the stories of various cybercriminals and their exploits, providing insights into the tactics used by hackers and other cybercriminals. The show is engaging and well-produced, with Rhysider's storytelling skills making for a compelling listening experience.



ACTIVITY IDEAS: IN THE SKIN OF A CYBER CRIME VICTIM

- Introduce the topic of cyberbullying to the group and provide some background information on what it is, how it affects individuals, and the different forms it can take. Read to the group the list of the black and white chronicles.
- Split the group into smaller teams and assign each team a story of a victim of cyberbullying or cyberstalking. Give them time to research a little bit more about the case on the internet.
- Each team should then create a dialogue act, where one participant is the victim of cyberbullying and the other participant provides positive talk to help them resolve or, at least, calm down the situation, before it results in a tragic ending. Encourage participants to be expressive and creative in their approach.
- If the teams need it, give them some more time to read through and discuss their assigned story. They should consider the individual's experience, the impact it had on them and any lessons or insights that can be drawn from the story.
- Let all the team act their story.
- After each team has presented their story, the group should engage in a discussion about their feelings and whether they believe the solution for the situation would be helpful.

As a reflection, ask participants following questions:

1. How did it feel to research and act out the story of a victim of cyberbullying or cyberstalking?
2. What did you learn about cyberbullying from the stories and dialogue acts created by the other teams?
3. What positive talk or solutions were effective in resolving or calming down the situation in the dialogue acts?
4. What are some practical steps that you can take to prevent or respond to cyberbullying, based on what you have learned from this activity?

CHAPTER 3: SALIENCE-PREJUDICE IN DIGITAL INTERACTION

In this chapter, we look at how, during online chats and interactions, certain things about people like their race or gender can become really noticeable. This can lead to people making unfair and overgeneralized judgments about others. These types of judgments often lead to people being treated differently because of these standout traits. We're going deep into understanding how we see and respond to others online.

Salience-Prejudice Explained:

Salience-prejudice is all about how certain traits in online talks can really catch our attention. For example, in an online group, someone's background might become the main thing everyone notices, even if that's not the most important part about them. This can lead to people forming quick and often wrong ideas or stereotypes about others based on these traits.

The chapter breaks down how salience-prejudice works in the online world by looking at how we perceive things, how we think, and the role of the online environment itself.

Perceptual Aspects: Understanding What We Notice

How we notice and understand differences in people online is crucial, especially since we don't always have visual clues. Sometimes, a small thing like someone's profile picture can make us assume a lot about them, showing how these little details can influence our thoughts.

Cognitive Aspects: How We Think About Others

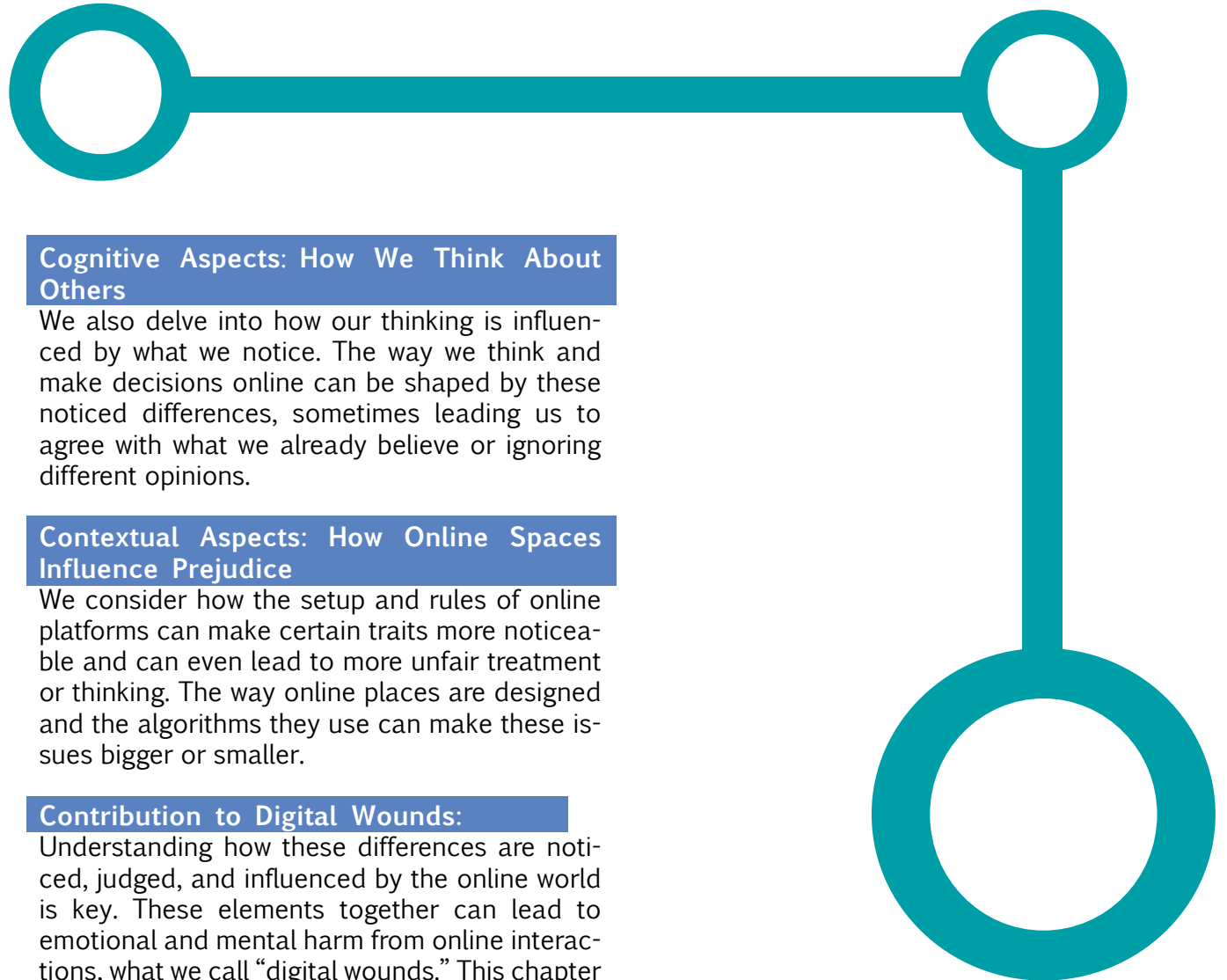
We also delve into how our thinking is influenced by what we notice. The way we think and make decisions online can be shaped by these noticed differences, sometimes leading us to agree with what we already believe or ignoring different opinions.

Contextual Aspects: How Online Spaces Influence Prejudice

We consider how the setup and rules of online platforms can make certain traits more noticeable and can even lead to more unfair treatment or thinking. The way online places are designed and the algorithms they use can make these issues bigger or smaller.

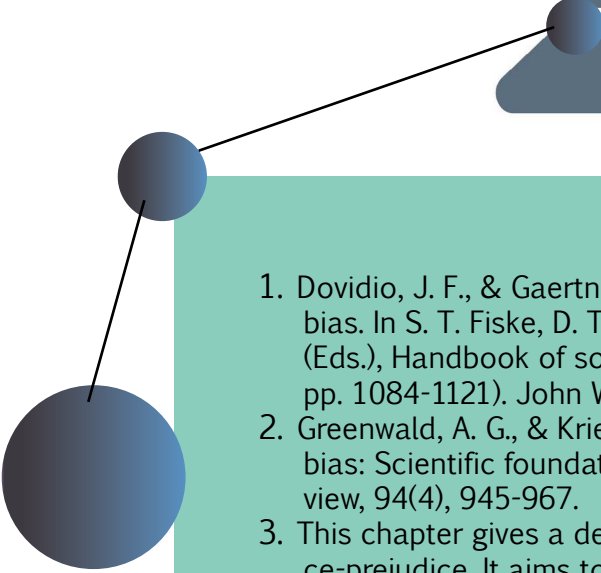
Contribution to Digital Wounds:

Understanding how these differences are noticed, judged, and influenced by the online world is key. These elements together can lead to emotional and mental harm from online interactions, what we call "digital wounds." This chapter aims to provide a deeper understanding of these issues and how they affect us all.



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 2. Greenwald, A. G., & Krieger, L. H. (2006). Implicit bias: Scientific foundations. *California Law Review*, 94(4), 945-967.
 3. This chapter gives a detailed look into salience-prejudice. It aims to help readers understand how these patterns of noticing and judging certain traits online can lead to emotional hurts known as digital wounds, especially in our world where everyone and everything is more connected online.

COGNITIVE ASPECTS OF PREJUDICE

Cognitive aspects of prejudice are about the mental habits and thinking patterns that can lead to unfair or one-sided thinking and decision-making. In our online world, these habits really shape how we see and interact with others, influencing our attitudes, how we act, and the community at large.

Here are some examples of these thinking patterns:

Confirmation Bias: Sticking to What We Know
Confirmation bias happens when people prefer information or opinions that agree with what they already believe. Online, this might mean people only read news or join groups that reflect their own views. This can make their beliefs even stronger and create a situation where everyone just hears echoes of their own thoughts, known as echo chambers. Imagine two people on opposite sides of an issue like climate change, each only interacting with information that supports their own view, further solidifying their stance.

In-Group Favoritism: Our Group is Better
In-group favoritism is when people prefer and give better treatment to those who are in the same group as they are. On the internet, this might look like users agreeing more with and being nicer to people who share their interests or views, while ignoring or being mean to those they see as different. This can divide communities and lead to unfairness towards others. Picture a sports discussion forum where fans of one team might ignore or belittle fans of a rival

team.

Availability Heuristic: What Comes to Mind First

Availability heuristic is a kind of mental shortcut where people think about the first examples that come to mind when making a decision or forming an opinion. In online spaces, this often means people's views are shaped by the most recent or memorable things they've seen or read, which might not always be the most accurate or relevant. This can be seen when a viral story shapes people's opinions on a topic, even if it's not a complete picture of the situation.

Strategies for Reducing Unfair Thinking:

To tackle these unhelpful thinking patterns, it's important to promote understanding of digital spaces and encourage critical thinking. Asking users to look at different sources, question what they believe, and interact with a variety of people can reduce the impact of these habits. Also, designing online platforms to show a wider range of views can help break down echo chambers and encourage more open and fair interactions.

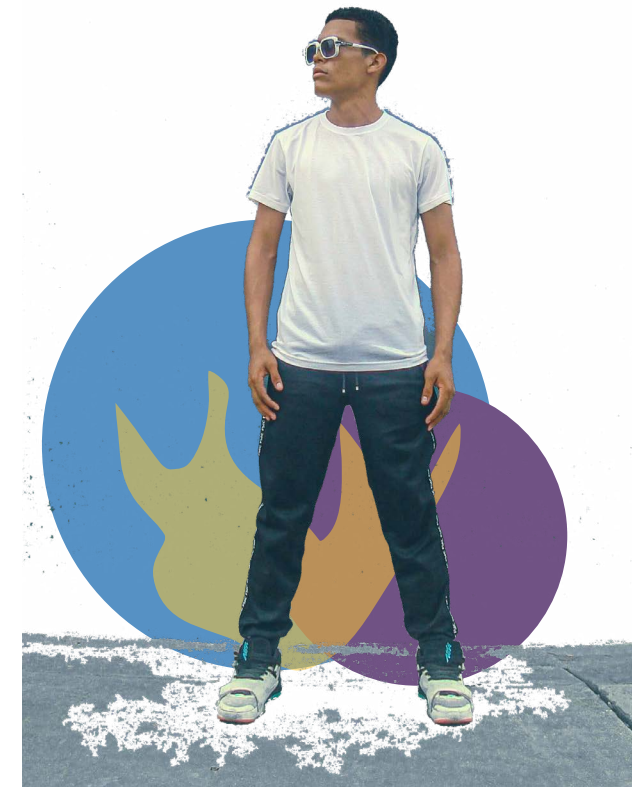
Understanding the Impact and What Everyone Can Do:

The impact of these thinking habits goes beyond just how one person thinks—it affects whole communities and how online platforms operate. Everyone, from the people who use these platforms to those who create and manage them, has a role in recognizing and tackling these habits. For example, those who design platforms might make features that show different viewpoints, and community leaders can encourage respect

and understanding.

How This Relates to Digital Wounds:

These thinking habits are a big part of what causes digital wounds, or the emotional and mental harm that comes from negative online interactions. When thinking and decision-making are unfair, it can lead to bad treatment of others, discrimination, and emotional hurt. Recognizing and dealing with these habits is key to reducing their impact and making the online world a healthier place.



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CONTEXTUAL ASPECTS OF PREJUDICE: THE INFLUENCE OF DIGITAL CONTEXT

Contextual aspects of prejudice are all about understanding how online environments affect our attitudes and behaviors. It involves observing how different online spaces, like social media or forums, influence our actions and thoughts. Each platform, with its unique rules and design, can either encourage us to share and encounter unfair or prejudiced content or help us avoid it. By grasping these dynamics, we start to see how online spaces can either increase or decrease prejudiced attitudes.

Diverse Digital Environments and Their Unique Impacts:

Different online platforms influence us in unique ways. Social media might echo back our own views, hardening our beliefs. Chat rooms offering anonymity might embolden users to express hurtful opinions without fear of repercussion. Comment sections under news articles can become battlegrounds due to charged topics. Recognizing the design and user base of each online space is critical in understanding their role in spreading or curtailing prejudiced attitudes.

Algorithmic Impact on Prejudice:

Algorithms act as behind-the-scenes directors, guiding what we see online. Often, they might create a loop of similar content, reinforcing our existing beliefs and isolating us from differing viewpoints. This echo of similar content can deepen divisions. To counter this, platforms might modify their algorithms to introduce a wider variety of viewpoints and ideas.

Strategies for Platform Accountability:

Online platforms have the responsibility to curb the spread of unfair or biased content. They can do this by monitoring content more rigorously, being transparent about how their content selection algorithms work, and educating users on recognizing and understanding biased information. Giving users more control over what they see or creating features that introduce diverse content can also be part of this strategy.

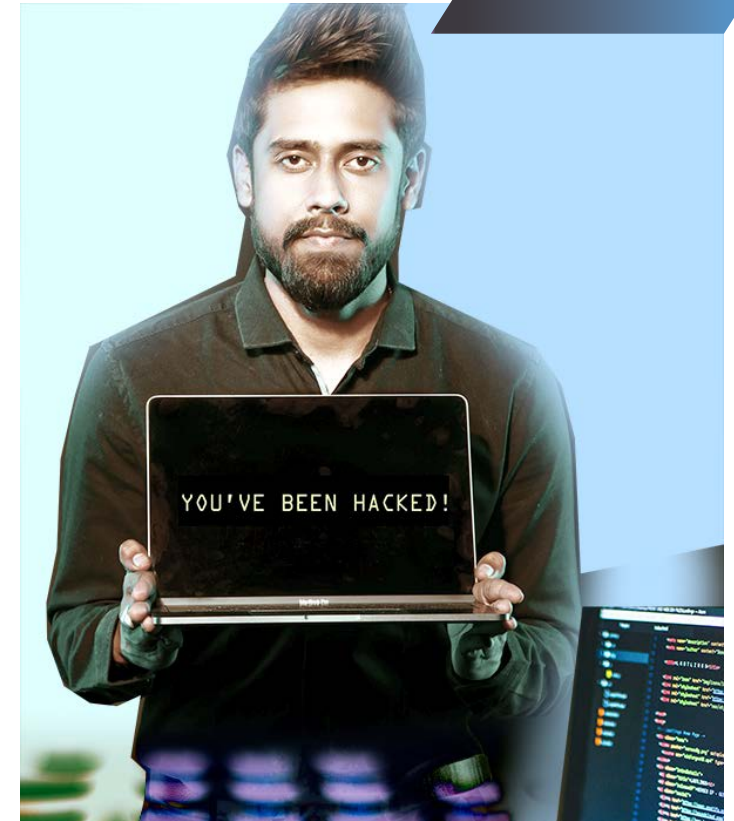
Understanding the Impact on Individuals and Communities:

Exposure to biased content significantly impacts individual emotions and community relationships. It can reinforce harmful stereotypes and exacerbate conflicts. It's crucial for users to recognize the profound influence their digital engagements have on personal and societal levels. Enhancing Narrative Flow and Structure:

This text is organized in a way that guides you through understanding online bias and fairness, making it easier to follow the discussion and grasp the concepts.

Empowering Users to Mitigate Prejudice:

Every internet user has a role in combating online unfairness. By critically evaluating what you read and share, reporting biased or unfair content, and engaging in constructive conversations, you contribute to a more responsible and empathetic online community. Encouraging a culture of awareness and responsibility is key to creating a more equitable online environment.



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THE EVOLUTION OF CYBERCRIME AND THE PSYCHOLOGY OF CYBER BULLIES

Cybercrime, which refers to criminal activities conducted on the internet, can be traced back to the early stages of the internet, when it was a network of thousands of computers, rather than billions. Initially, the internet was used primarily by government agencies, universities and other institutions, to share data and collaborate on research projects. However, as the internet expanded, so did its potential for abuse.

Anonymity is a significant factor that has contributed to the rise of internet crime. It is not surprising that individuals who hide their identity online feel less responsible for their actions and less shame about their behavior. As a result, those who wish to harm others often use the internet, as a perfect disguise.

Online space differs significantly from the offline one, but studies have shown that cyber bullies often exhibit similar psychological characteristics to traditional bullies, such as a need for power and control over others, a lack of empathy for their victims and a tendency to blame others for their actions.

However, the internet provides bonus stimuli for misbehavior. The anonymity of the Internet leads to a phenomenon known as the “**online disinhibition effect**,” in which individuals feel freer to act out and engage in aggressive behavior than they would in face-to-face interactions.

One study by the Journal of Student wellbeing found that individuals who engage in cyberbullying often suffer from low self-esteem, social

isolation and a desire for attention and validation from their peers. And it is not surprising that another study by the Eur Child Adolesc Psychiatry found that victims of cyberbullying were more likely to experience anxiety, depression and other mental health issues, than those who were not bullied.

Despite the anonymity of the Internet, research has also shown that there are certain types of people who are more likely to engage in cybercrime. These individuals often have high levels of technical expertise and a willingness to take risks to achieve their goals. They may also have a sense of entitlement or a desire to prove their superiority over others.

As a representative example of the impact of anonymity, there is a website that has been vastly linked to cybercrime and hate speech: 4chan. The site, which was created in 2003, is a message board that allows users to post anonymously and discuss a wide range of topics and it became known for its policies that allow hate speech and other forms of abusive behavior to flourish.

According to a report by the Anti-Defamation League, 4chan has become a “hub of online hate” and has been linked to several incidents of cybercrime and harassment. The site’s user base includes individuals who identify as white supremacists, neo-Nazis and other extremist groups, as well as those who simply enjoy engaging in provocative and offensive behavior.

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RECOMMENDED WEBSITE ARTICLES AND YOUTUBE VIDEOS:



<https://www.verywellmind.com/the-psychology-of-cyberbullying-5086615>

The article “**The Psychology of Cyberbullying**” on Verywell Mind, explores the complex psychological factors that contribute to cyberbullying behavior. The article discusses the impact of anonymity, social norms and perceived power dynamics on cyberbullying, as well as the psychological characteristics of cyberbullies and their victims. The article also offers insights into the psychological impact of cyberbullying on victims, including the long-term effects on mental health and well-being. Overall, the article provides a comprehensive overview of the psychology of cyberbullying, offering valuable insights into this growing problem and its underlying causes.



Human Hacking: The Psychology Behind Cybersecurity | Dr. Erik J. Huffman |

We have created an environment we are not built for. Hackers are not just hacking computers, they are hacking people. Technology is not the problem, we are. Dr. Erik J. Huffman is an award-winning cybersecurity professional, educator and entrepreneur. He is a founding researcher in the emerging field of Cyberpsychology, with studies totaling over 10,000 participants. He has worked with hackers to study how they exploit human vulnerabilities, to circumvent technological barriers. His research has been presented worldwide and now it has reached the Ted stage. This talk was given at a TEDx event, using the TED conference format, but independently organized by a local community. Learn more at <https://www.ted.com/tedx>

RECOMMENDED MOVIES

“Cyberbully” (2011)

This made-for-TV movie follows a teenage girl who is the victim of cyberbullying. The movie explores the psychological impact of cyberbullying on the victim, as well as the motivations and psychology of the cyberbully. The movie is a sobering look at the devastating effects of cyberbullying and the psychological factors that contribute to this behavior.

“Unfriended” (2014)

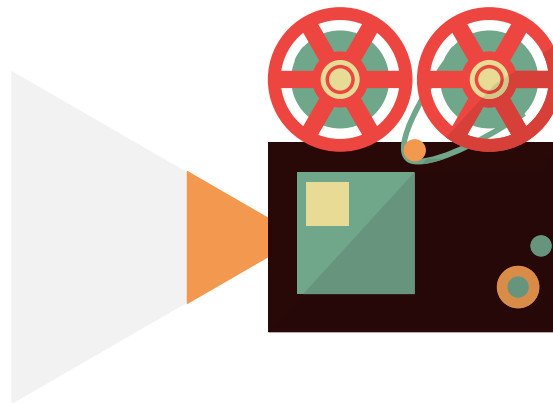
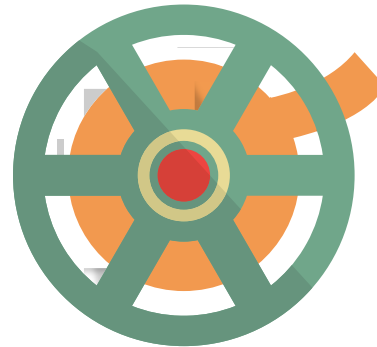
This horror movie is set entirely on a computer screen and follows a group of friends who are haunted by the ghost of a classmate they cyberbullied. The movie explores the psychological impact of cyberbullying and the long-term effects it can have on both the victims and the perpetrators. The movie is a chilling reminder of the real-world consequences of cyberbullying.

“Eighth Grade” (2018)

This coming-of-age movie follows a young girl navigating the challenges of middle school, including cyberbullying. The movie explores the psychological impact of cyberbullying on both the victim and the perpetrator, as well as the social dynamics that contribute to this behavior. The movie is a poignant and relatable portrayal of the struggles of adolescence and the impact of technology on social relationships.

“Disconnect” (2012)

This drama movie explores the ways in which technology can both connect and isolate us, including the role of cyberbullying in this dynamic. The movie tells multiple interlocking stories, including one about a teenage boy who is the victim of cyberbullying. The movie offers insights into the complex psychological factors that contribute to cyberbullying, as well as the ways in which technology can impact our mental health and well-being.



RECOMMENDED DOCUMENTARIES

“Audrie & Daisy” (2016)

This documentary tells the story of two teenage girls who were both the victims of cyberbullying and sexual assault. The movie explores the impact of cyberbullying on the victims and their families, as well as the complex psychology behind this behavior. The movie is a powerful and emotional look at the devastating consequences of cyberbullying and the need for greater awareness and prevention efforts.

“Netizens” (2018)

This documentary follows the stories of three women who were the victims of online harassment and cyberbullying. The movie explores the impact of cyberbullying on the victims' mental health and well-being, as well as the ways in which the legal system and social media companies have failed to address this problem. The movie is a thought-provoking look at the need for greater accountability and action in the fight against cyberbullying.

“The Cleaners” (2018)

This documentary explores the shadowy world of content moderation on social media platforms. The movie follows a group of content moderators in the Philippines who are tasked with removing objectionable content, including cyberbullying and hate speech. The movie offers insights into the complex psychological toll of this work, as well as the ways in which social media platforms are struggling to address the problem of cyberbullying.

CHAPTER 4: EFFECTS ON THE INJURED

Digital wounds, like cyberbullying or harassment, can really change how someone acts, both online and with the people around them.

Examples of How People Might Change:

Social Withdrawal: Someone who's been hurt online might start avoiding social media or any online chat to stay safe.

Increased Anxiety: They might feel really worried all the time about what could happen online, and this worry can even affect their day-to-day life.

Depression: If someone deals with these online hurts for a long time, they might start feeling very sad, hopeless, and stop enjoying things they used to like.

Isolation: They might even start pulling away from friends and family, scared of being judged or hurt again.

Change in Online Behavior: To stay safe, they might start hiding their real identity online or be very careful about what they share.

Loss of Trust: After being hurt online, it's harder for them to trust people they meet on the internet.

Increased Vigilance: They become much more careful about their privacy and security online.

Avoidance of Specific Topics: They might steer clear of certain subjects or online spaces that remind them of the bad experiences.

Negative Self-Image: They might start believing the negative things people say online, which can make them feel really bad about themselves.



Impact on Relationships: These changes can make it hard for friends and family to understand what they're going through, sometimes straining relationships.

It's important to remember that not everyone will react the same way, and the changes can differ a lot depending on the person and their situation. Understanding these changes is really important in helping and supporting those who are dealing with digital wounds.



HABIT CHANGES:

Habit Changes Due to Digital Wounds

Digital wounds can change how a person acts and manages their day, both on the internet and in real life.

EXAMPLES OF HOW HABITS MIGHT CHANGE:

- **Online Time Management:** People hurt online might start spending a lot of time checking social media or messages, which can mess up their regular day and make them too focused on what's happening online.
- **Social Media Avoidance:** Some might start staying away from social media to avoid the hurtful stuff that happened there. This can make it hard for them to keep up with friends and family.
- **Procrastination:** Those affected might keep putting off online tasks, like reading emails or joining online discussions, because they're anxious or scared about more bad stuff happening.
- **Reduced Productivity:** Constantly being distracted or worried about online issues can make it hard for people to focus on work or school, making them less productive.
- **Online Checking Behavior:** Some people might keep checking their online profiles or messages over and over, looking for reassurance or worried about missing some threat.
- **Increased Vigilance:** Like with behavior changes, habit changes might include being extra careful about online safety and priva-

cy, like changing passwords often or keeping a close watch on what's being shared about them.

- **Avoidance of Specific Websites:** Individuals might avoid certain online places that remind them of the bad experiences they've had, limiting what they do online.
- **Emotional Eating or Substance Use:** To deal with the stress and bad feelings from online harm, some might start eating too much or using substances as a way to feel better.
- **Sleep Disturbances:** Worrying about online issues can make it hard to sleep well, leading to staying up late or not being able to sleep.
- **Isolation:** Some people might start keeping to themselves more, staying away from both online chats and in-person meetings to avoid getting hurt again.

These changes in habits can be different for everyone. What someone does and how it affects their life can vary based on how bad the online harm was and how they usually deal with problems. Recognizing and understanding these changes are important for helping people get back to feeling in control and healthy in their online and everyday lives.



HATERS, LITTLE LESS hardcore GUYS THAN BULLIES, BUT MORE NUMEROUS

In online contexts, “haters” can be seen as individuals who use negative and critical comments to bring down others and make them feel inferior. These harmful and pessimistic comments can be made in person, online or through various forms of messaging.

Haters often target individuals whom they perceive as different from themselves. It is often, but not always considered as a form of bullying or cyberbullying. Hateful, critical behavior is not who a person is, but rather something they do and can be changed.

Remember, negative comments from “haters” are a reflection of their own insecurities, not a reflection of the person being targeted.

Dealing with haters isn't that different from dealing with bullying or cyberbullying. Minors and young adults can feel overwhelmed by the drama on social media, so they often unfriend or unfollow people online to disengage. However, there are other things you can do if the negative behavior continues.



How to Deal with Haters:

- Ignore them. Don't respond to negative comments, but if they continue, tell a trusted person or report it to the platform.
- Block online haters. If someone is making negative or hateful comments, or is cyberbullying, block them. If they're threatening you, report it to another trustful person and take screenshots.
- Be kind and respectful, even to haters. It shows that you're in control of your emotions and that you aren't letting negativity bring you down.
- Stick with supporters. Having a friend nearby if you think you might encounter a hater, not only makes it less likely that an incident might happen, but also means you'll have positive reinforcements, just in case.
- Remember that negative comments from haters are a reflection of themselves and not about you. People who feel good about themselves don't need to put others down.
- Understand that criticism can be a sign of pain. Negative comments may have nothing to do with you.
- Acknowledge your feelings. Talk to a trusted friend and get some encouragement and support.
- Keep being yourself. Keep moving forward, pursuing your interests and being who you are.

RECOMMENDED TED TALKS

"The Price of Shame" by Monica Lewinsky

In this TED Talk, Monica Lewinsky talks about her experience as a victim of online harassment and cyberbullying. She explores the psychological impact of online hate and the need for greater empathy and kindness in the online world.

"How to Respond to Cyberbullying" by Dr. Sameer Hinduja

In this TED Talk, Dr. Sameer Hinduja discusses the problem of cyberbullying and offers practical advice for families, educators and students, on how to respond to this behavior.

"Why I, as a black man, attend KKK rallies" by Daryl Davis

In this TED Talk, Daryl Davis discusses his experience attending KKK rallies and engaging with members of hate groups. He explores the psychology of hate and the importance of empathy and dialogue in combating bigotry and prejudice.

"Can We Auto-Correct Humanity?" by Prince Ea

In this TED Talk, Prince Ea explores the impact of technology on social relationships and human empathy. He discusses the problem of online hate and offers a call to action for greater kindness and empathy in the online world.

"When online shaming goes too far" by Dr. Jon Ronson

In this TED Talk, Dr. Jon Ronson discusses the online disinhibition effect and the ways in which it contributes to online shaming and harassment. He explores the psychology of shame and offers a call to action for greater empathy and understanding in the online world.

"The Power of Vulnerability" by Brené Brown

While not specifically about the online disinhibition effect, this TED Talk explores the importance of vulnerability and empathy in building meaningful relationships. The talk touches on some of the same psychological factors that contribute to online disinhibition and offers valuable insights into the importance of building connections based on empathy and understanding.



RECOMMENDED PODCASTS

"No Filter: Mia Freedman" <https://www.mamamia.com.au/podcasts/no-filter/>

In this podcast, Mia Freedman discusses a range of topics related to the online world, including cyberbullying and online hate. She shares her own experiences with online hate and explores the psychological impact of this behavior on both the victim and the perpetrator.

"The Cyber Security Cafe" <https://cybersecurity-cafe.podbean.com/>

In this podcast, cybersecurity expert James Lyne discusses a range of topics related to cybersecurity, including cyberbullying and online harassment. He explores the technical and psychological factors that contribute to this behavior.



ACTIVITY IDEAS: IN THE SKIN OF A CYBER CRIME VICTIM

Participants should have access to the internet, so that they can cooperate online.

It can be challenging to determine where to draw the line between hate speech and free speech, and when it is appropriate to report instances of hate and bullying comments online. In Europe, it is important to note that while freedom of expression is a fundamental right, it is not an absolute right.

The European Convention on Human Rights allows for limitations to free speech, when necessary to protect the rights and freedoms of others, including the right to respect for private and family life, the right to freedom of thought, conscience and religion, and the right to non-discrimination.

It is essential to distinguish between speech that expresses an opinion and speech that incites hatred or violence. In general, hate speech is defined as speech that attacks or demeans a person or group based on their characteristics such as race, religion, nationality, sexual orientation or gender identity.

It is important to report hate and bullying comments on the internet and social media platforms when they cross the line from expressing an opinion to inciting hatred or violence. If unsure, seeking the guidance of a trusted authority or legal professional can help make these determinations.

- Divide participants into small groups and assign each group a social media platform to work on (e.g. Facebook, Twitter, Instagram, etc.).
- Instruct each group to search for public profiles or posts related to a particular topic or interest (e.g. a specific celebrity, hobby or social issue).
- Once they find a public profile or post, the group should analyze the comments section for any negative or hateful comments.
- If the group finds any comments that qualify as hate speech or cyberbullying, they should take a screenshot of the comment and report it to the appropriate channel, according to the platform's guidelines.

- Encourage the participants to share their experiences and discuss any challenges they encountered while reporting the haters.
- After completing the exercise, bring the group together to discuss the importance of reporting hate speech and cyberbullying, and to share tips on how to stay safe on social media.

Hate Speech on Social Media: Global Comparisons. (2022, November 4).

Hate Speech on Social Media: Global Comparisons | Council on Foreign Relations.

<https://www.cfr.org/backgrounder/hate-speech-social-media-global-comparisons>



ACTIVITY: _ ONLINE DISINHIBITION EFFECT

There are several factors that can contribute to the online disinhibition effect.

Anonymity is often present in online interactions. When people are not identifiable or accountable, they may feel less inhibited about what they say or do.

Another factor is the lack of **nonverbal cues** that are present in online interactions. Without the ability to see facial expressions or body language, individuals may have difficulty interpreting the intentions or emotions of others and may act in ways that they would not, if they were communicating face-to-face.

The online disinhibition effect can lead to both positive and negative outcomes. In some cases, it can facilitate self-expression, creativity and social support. However, it can also lead to cyberbullying, trolling and other forms of harmful behavior.



Give participants cards with a list of benefits of online disinhibition. Do not share with them definitions in brackets.

- **Increased self-expression** (Online disinhibition can lead to increased self-expression, as people feel freer to share their thoughts and feelings without the fear of judgment or social consequences.)
- **Creative collaborations** (Online disinhibition can facilitate creative collaborations between people who might not have connected otherwise.)
- **Social support** (The online disinhibition provided by anonymity can create a supportive environment where people feel comfortable sharing their struggles and receiving support from others.)
- **Innovation** (Online disinhibition can also lead to innovation, as people feel free to share and experiment with new ideas and concepts.)

Make participants brainstorm about possible definitions of the listed benefits. Ask participants to present each other the results of their brainstorm. After they come up with their definitions, read them your prepared definitions, and compare how well they align. Initiate a discussion about their willingness to experience any of the benefits.

ACTIVITY _ IMPACT OF ANONYMITY

Materials: Paper, pens or pencils, a hat or container and a list of discussion questions.

Instructions:

Time: 1h 10m

Begin by introducing the concept of anonymity and how it can impact behavior and attitudes. Explain that when people feel anonymous, they may feel freer to express their thoughts and feelings without fear of being judged or punished. (15 minutes)

Give each participant a piece of paper and a pen or pencil. Ask them to write down something positive that they admire about another person in the group, but they have never shared before. It could be a characteristic, quality or trait that they find inspiring or attractive. Once everyone has written down their positive statements, ask them to fold the paper and place it in the container. (15 minutes)

In addition to the positive statement, ask them to add, in another paper, a fictional suggestion that is close to the truth but may cause a bit of confusion or intrigue for the other members of the group. Let them put those papers in the same container, together with the previous ones. (10 minutes)

Let every participant draw one paper and read out loud for the whole group what is in it, until they are all read. (15 minutes)

After all the paper contents have been shared, ask the group to reflect on how they felt sharing their admiration for someone else anonymously. Did they feel more comfortable expressing their positive feelings because they knew their identity would remain unknown? You can boost discussion by asking the following questions: (15 minutes)

How does anonymity impact the way people behave online and offline?

What are the benefits and risks of expressing admiration for others anonymously?

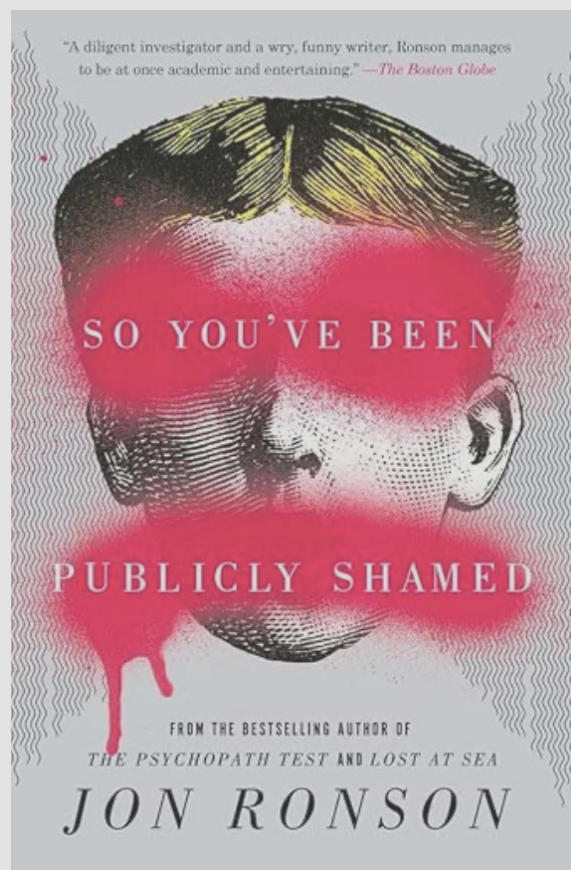
How can we balance the benefits and risks of anonymity in online spaces or group dynamics?



RECOMMENDED BOOKS:

“So You’ve Been Publicly Shamed” by Jon Ronson. <https://www.amazon.com/Youve-Been-Publicly-Shamed-Ronson/dp/1594634017>

This book explores the phenomenon of public shaming in the age of social media. Jon Ronson takes a deep dive into the psychology of shame and the impact of online shaming on individuals and society as a whole. Through a series of compelling case studies, Ronson examines the complex dynamics of public shaming and offers insights into how we can address this growing problem.



RECOMMENDED PODCASTS:

“DARKNET DIARIES”

<https://darknetdiaries.com/>

This podcast explores the dark side of the internet, including cybercrime, hacking and online espionage. Host Jack Rhysider interviews experts and insiders, to uncover the stories behind some of the most infamous cyberattacks and online scams in history. The podcast offers a fascinating look at the world of cybersecurity and the ways in which technology is transforming our lives.

“REPLY ALL”

<https://gimletmedia.Com/shows/reply-all>

This podcast explores the internet and the ways in which it is changing our world. Hosts PJ Vogt and Alex Goldman tackle a wide range of topics, from online scams to social media influencers, to the psychology of internet trolls. The podcast is a lively and entertaining look at the ever-evolving world of technology and its impact on our lives.

RECOMMENDED MOVIES:

“Terms and Conditions May Apply” (2013)

This documentary explores the ways in which companies collect and use our personal data, often without our knowledge or consent. The movie highlights the power of anonymity online and the ways in which our digital footprints can be used to track our behavior and preferences.

“The Great Hack” (2019)

This documentary focuses on the Cambridge Analytica scandal and the ways in which the company used data mining and psychographic profiling to influence political campaigns, including the 2016 US presidential election. The movie highlights the power of anonymity online and the ways in which our personal data can be used to manipulate our beliefs and behaviors.

“We Are Legion: The Story of the Hacktivists” (2012)

This documentary explores the world of hacktivism and the ways in which anonymous online groups have used their power to challenge authority and fight for social justice. The movie highlights the power of anonymity online and the ways in which it can be used for both good and bad.

CHAPTER 5: DIGITAL WOUNDS NORMALIZED PRACTICES

Types of Slurs: Online, people use a bunch of mean or hurtful words, known as slurs, to target others based on things like their race, where they're from, who they love, their religion, or other personal traits. Here are some types of slurs you might find on the internet:

- **Genuine Slurs:** These are outright mean words aimed at a specific group's identity. They're pretty clear and meant to make someone feel less than others. You might hear terms that insult someone's race, who they love, or their ethnic background.
- **Jocular Slurs:** These are slurs that might seem like they're just teasing or joking, but they can still hurt. People might use them in a way that seems funny, but the impact can still be quite hurtful.
- **Humorous Genuine Slurs:** Sometimes, people might use slurs trying to be funny or make a point, but it can still support negative ideas about groups and offend others.
- **Personal Slurs:** These are mean words aimed at someone in particular, maybe picking on how they look, act, or things they've done in the past. It's like name-calling or making fun of someone's personal life.
- **Fake Lives & Beauty Standards:** These slurs are often about how someone looks, criticizing them for not meeting certain beauty standards or making mean comments about someone's body.
- **Fomo vs Jomo:** These aren't slurs themselves, but they can be used to judge or tease people for being too busy and social (Fomo) or liking to spend time alone (Jomo).

Using these kinds of mean words is bad and can make the internet a really unfriendly place. Many websites and online communities have rules against using these kinds of words to keep everyone nice and respectful. It's really important to challenge the use of these words and encourage a friendlier online space for everyone.

CASE STUDIES:

These real-life examples show how common it is to see these kinds of hurtful words online and what impact they can have.

Genuine Slurs:

In 2020, a well-known social media site was called out for letting users use racial slurs and hate speech. They ended up banning those accounts and making their rules against bad content stricter.

Jocular Slurs:

An online game was under fire for allowing players to use teasing slurs in chat. Some players thought it was all in good fun, but others were really upset. The game's makers then set up a way for players to report bad language.

Humorous Genuine Slurs:

A comedy show was known for using these kinds of slurs as a joke. The hosts said they were just poking fun at the use of mean words, but many listeners didn't like it. They lost some of their supporters because of it.

Personal Slurs:

Famous people often get personal slurs thrown at them online about how they look or what they believe. These kinds of attacks can really affect

someone's mental health.

Fake Lives & Beauty Standards:

In the world of beauty influencers, there's a trend of showing off very unrealistic looks, like heavy photo editing or promoting lots of cosmetic surgery. This can make their followers feel bad about how they look.

Fomo vs Jomo:

People online often talk about the difference between being super social and active (Fomo) or enjoying quiet, alone time (Jomo). These chats can sometimes make fun of or judge people for their lifestyle choices.

These stories show how slurs and mean words show up in different online places and groups. It's crucial to deal with this kind of language to make the internet a more welcoming place. A lot of websites are trying to fix this problem, but there's still a lot of work to do to make sure everyone feels safe and respected online. This chapter looks closely at these common online behaviors and how they can hurt people and spread digital wounds.



THE DICTIONARY OF CYBER THREATS

I. CYBERBULLYING >

II. CYBERCRIME >

III. HACKING PRACTICES >



I. CYBERBULLYING

A. VERBAL HARASSMENT AND ABUSE

This type of cyberbullying involves using electronic communication to insult, demean, threaten or intimidate someone. Verbal harassment can take the form of name-calling, mocking and humiliating someone publicly or in private messages.

B. EXCLUSION AND ISOLATION

This form of cyberbullying involves intentionally leaving someone out of online groups or activities or ostracizing them in online social networks. It can also involve spreading rumors or lies about someone to damage their reputation and cause them to be excluded from social interactions.

C. CYBERSTALKING AND HARASSMENT

Cyberstalking is a form of persistent and unwanted attention that causes fear or distress to the victim. This can include threats, monitoring and other unwanted behaviors. Harassment can also include repeated unwanted contact or actions that make someone feel uncomfortable or unsafe.

D. IMPERSONATION AND IDENTITY THEFT

This type of cyberbullying involves impersonating someone else online or stealing their personal information to gain access to their accounts or sensitive data. This can cause significant harm to the victim, as their identity and reputation may be compromised.

E. DOXXING AND ONLINE SHAMING

Doxxing is the practice of publishing someone's personal information online without their consent. This can include their home address, phone number or other sensitive data. Online shaming involves publicly criticizing or humiliating someone on social media or other online platforms, often with the intention of causing embarrassment or shame.

II. CYBERCRIME >

III. HACKING PRACTICES >

GUIDE AGAINST CYBERBULLYING



GUIDE AGAINST CYBERBULLYING



- Think before you post. Always take a moment to think before posting or sharing something online. Consider if your words or actions could be harmful or offensive to others.
- Be respectful. Treat others online the same way you would in person. Be respectful, kind and considerate.
- Stand up to bullying. If you witness someone being bullied online, don't ignore it. Speak up and let the person know that their behavior is not acceptable.
- Protect your personal information. Keep your personal information private, including your full name, address and phone number. Never share your passwords with anyone.
- Report cyberbullying. If you or someone you know is being bullied online, report it to the appropriate authorities. Most social media platforms have a reporting function and you can also contact local law enforcement if the bullying is severe.
- Keep a record. If you are being cyberbullied, keep a record of the messages or posts. This can be useful if you need to report the bullying or seek legal action.



I. CYBERBULLYING >

II. CYBERCRIME

III. HACKING PRACTICES >

A. FINANCIAL FRAUD AND THEFT >

B. INTELLECTUAL PROPERTY THEFT AND PIRACY >

C. ONLINE HARASSMENT AND ABUSE >

D. CYBERTERRORISM AND ESPIONAGE >

I. CYBERBULLYING >**II. CYBERCRIME****III. HACKING PRACTICES >****A. FINANCIAL FRAUD AND THEFT****1. PHISHING AND SOCIAL ENGINEERING**

This involves using deception and manipulation to obtain sensitive personal and financial information from individuals, such as passwords or credit card numbers.

2. CREDIT CARD FRAUD AND IDENTITY THEFT

This involves using stolen or forged credit cards, or illegally obtaining personal information, to make unauthorized purchases or transactions.

3. ONLINE BANKING AND INVESTMENT SCAMS

This involves using fake websites or emails to trick individuals into giving up their online banking or investment account information, or making fraudulent investment offers.

GUIDE AGAINST A CYBERCRIME

- Be wary of unsolicited emails or phone calls requesting personal or financial information.
- Always verify the authenticity of websites and emails, before entering sensitive information.
- Use strong, unique passwords for all online accounts and enable two-factor authentication, when possible.
- Regularly review bank and credit card statements, to check for unauthorized transactions.
- Keep software and antivirus programs up to date to protect against malware and other threats.

<https://www.consumer.ftc.gov/features/scam-alerts>

B. INTELLECTUAL PROPERTY THEFT AND PIRACY >**C. ONLINE HARASSMENT AND ABUSE****D. CYBERTERRORISM AND ESPIONAGE**

I. CYBERBULLYING >**II. CYBERCRIME****III. HACKING PRACTICES >****A. FINANCIAL FRAUD AND THEFT >****B. INTELLECTUAL PROPERTY THEFT AND PIRACY****1. COPYRIGHT INFRINGEMENT AND PIRACY**

This involves unauthorized use, distribution or sale of copyrighted materials such as music, movies or software.

2. TRADE SECRET THEFT AND CORPORATE ESPIONAGE

This involves stealing or disclosing confidential business information or trade secrets for competitive advantage or financial gain.

- Respect copyright and licensing agreements for music, movies and software.
- Avoid using or distributing unauthorized copies of copyrighted materials.
- Protect confidential business information by limiting access to it and ensuring secure storage.
- Use legal and secure methods for transferring or sharing sensitive data.
- Implement security measures, such as firewalls, encryption and access controls, to protect against unauthorized access or theft of intellectual property.

C. ONLINE HARASSMENT AND ABUSE >**D. CYBERTERRORISM AND ESPIONAGE >**

I. CYBERBULLYING >**II. CYBERCRIME****III. HACKING PRACTICES >****A. FINANCIAL FRAUD AND THEFT >****B. INTELLECTUAL PROPERTY THEFT AND PIRACY >****C. ONLINE HARASSMENT AND ABUSE >****1. CYBERSTALKING AND HARASSMENT**

This involves using electronic communication to repeatedly harass or intimidate an individual or to engage in unwanted and threatening behavior.

2. REVENGE PORN AND SEXTORTION

This involves the non-consensual sharing or distribution of intimate photos or videos of an individual, with the intent to harm or extort them.

3. HATE SPEECH AND ONLINE DISCRIMINATION

This involves the use of electronic communication to make derogatory or discriminatory comments or to promote hate speech.

- Consider using privacy settings to limit who can view your social media profiles or online activity.
- Do not share intimate photos or videos with anyone who you do not trust completely.
- Consider using apps or services that allow you to send and receive sensitive information with extra security and privacy measures.
- Use online forums and social media platforms responsibly, and avoid posting derogatory or discriminatory comments or content.

<https://digital-strategy.ec.europa.eu/en/policies/better-internet-kids>

<https://saferinternet.org.uk>

D. CYBERTERRORISM AND ESPIONAGE >

I. CYBERBULLYING >

II. CYBERCRIME

III. HACKING PRACTICES >

A. FINANCIAL FRAUD AND THEFT >

B. INTELLECTUAL PROPERTY THEFT AND PIRACY >

C. ONLINE HARASSMENT AND ABUSE >

D. CYBERTERRORISM AND ESPIONAGE

1. STATE-SPONSORED HACKING AND CYBERATTACKS

This involves the use of cyber tactics by governments or state-sponsored actors to conduct espionage, disrupt or disable critical infrastructure, or to launch cyberattacks on other nations or organizations.

2. CYBERWARFARE AND SABOTAGE

This involves using cyber tactics to launch attacks on military or government targets, or to sabotage critical infrastructure such as power grids or transportation networks.

3. INFORMATION THEFT AND ESPIONAGE

This involves using cyber tactics to gain access to sensitive information, such as trade secrets or government intelligence, with the intent to use it for financial gain or other purposes.

- Keep your software and operating systems up to date with the **latest security patches and updates** to help prevent vulnerabilities that could be exploited by cyber attackers.
- **Use strong, unique passwords** and two-factor authentication to protect your online accounts from unauthorized access.
- Be cautious of phishing emails or other messages that attempt to trick you into revealing sensitive information or downloading malware.
- **Use encryption** to protect sensitive data and communications from interception or hacking.
- Use reputable antivirus and anti-malware software to help prevent infections and intrusions.
- Avoid using **public Wi-Fi** networks or unsecured networks, especially when accessing sensitive information or conducting financial transactions.
- Regularly backup important data and files to help prevent data loss in case of a cyberattack or breach.
- Consider using a virtual private network (VPN) to encrypt and protect your online activity and data.
- Educate yourself and others on best practices for cybersecurity and stay informed about the latest threats and tactics used by cyber attackers.

I. CYBERBULLYING >**II. CYBERCRIME****III. HACKING PRACTICES****A. PHISHING AND SOCIAL ENGINEERING >****B. MALWARE AND VIRUSES >****C. DENIAL-OF-SERVICE ATTACKS >****D. SOCIAL MEDIA AND EMAIL SCAMS >**

I. CYBERBULLYING >**II. CYBERCRIME****III. HACKING PRACTICES****A. PHISHING AND SOCIAL ENGINEERING****1. EMAIL PHISHING**

This involves sending fake emails that appear to come from legitimate sources, with the aim of tricking individuals into revealing sensitive information or clicking on a link that installs malware.

2. SPEAR PHISHING

This is a targeted form of phishing that involves researching and tailoring the attack to a specific individual or organization.

3. VOICE PHISHING (VISHING)

This involves using voice messages or phone calls to deceive individuals into revealing sensitive information, such as credit card numbers or passwords.

4. TEXT MESSAGE PHISHING (SMISHING)

This involves sending fraudulent text messages that appear to come from a legitimate source, with the aim of tricking individuals into revealing sensitive information or clicking on a link that installs malware.

B. MALWARE AND VIRUSES >**C. DENIAL-OF-SERVICE ATTACKS >****D. SOCIAL MEDIA AND EMAIL SCAMS >**

I. CYBERBULLYING >**II. CYBERCRIME >****III. HACKING PRACTICES****A. PHISHING AND SOCIAL ENGINEERING >****B. MALWARE AND VIRUSES >****1. TROJAN HORSES AND BACKDOORS**

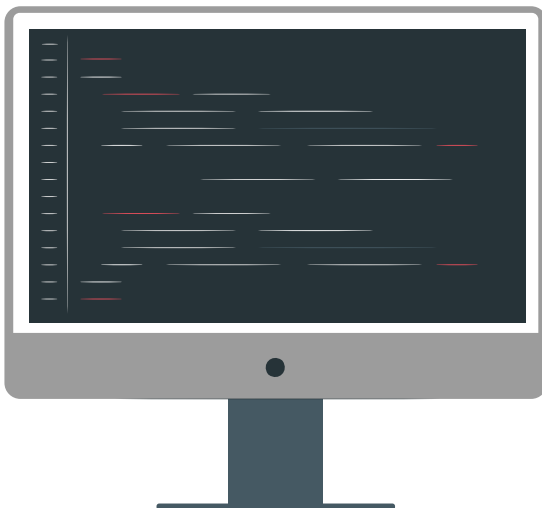
These are types of malware that can give an attacker remote access to a victim's computer or network.

2. RANSOMWARE AND EXTORTIONWARE

These types of malware encrypt a victim's data and demand payment in exchange for the decryption key.

3. ADWARE AND SPYWARE

These types of malware can track a victim's online activity or display unwanted ads on their computer.

C. DENIAL-OF-SERVICE ATTACKS >**D. SOCIAL MEDIA AND EMAIL SCAMS >**

I. CYBERBULLYING >**II. CYBERCRIME >****III. HACKING PRACTICES****A. PHISHING AND SOCIAL ENGINEERING >****B. MALWARE AND VIRUSES >****C. DENIAL-OF-SERVICE ATTACKS >****1. DISTRIBUTED DENIAL-OF-SERVICE (DDOS) ATTACKS**

This involves overwhelming a server or network with a flood of traffic from multiple sources.

2. APPLICATION-LAYER ATTACKS

This involves targeting specific applications or services to overwhelm them with traffic, causing them to crash or become unavailable.

D. SOCIAL MEDIA AND EMAIL SCAMS >

I. CYBERBULLYING >**II. CYBERCRIME >****III. HACKING PRACTICES****A. PHISHING AND SOCIAL ENGINEERING >****B. MALWARE AND VIRUSES >****C. DENIAL-OF-SERVICE ATTACKS >****D. SOCIAL MEDIA AND EMAIL SCAMS****1. ADVANCE-FEE SCAMS**

These scams involve convincing individuals to pay upfront fees in exchange for a promise of a future financial reward or benefit.

2. LOTTERY SCAMS AND PHISHING SCAMS

These scams involve persuading individuals to pay money in exchange for a chance to win a prize, or tricking them into revealing sensitive information.

3. TECH SUPPORT SCAMS AND CLICKBAIT

These scams involve using deceptive tactics.

ACTIVITY IDEA: UNBREAKABLE PASSWORD

Materials:

- Pen and paper
- List of common password requirements (e.g., at least 8 characters, upper and lower case letters, numbers, symbols)

Estimated time: 60-90 minutes

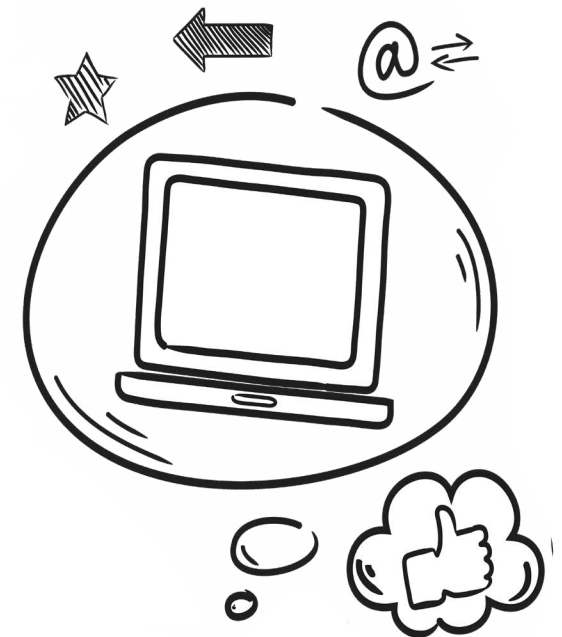
Instructions:

- Begin by discussing the importance of using strong, unique passwords for online accounts. Review the common password requirements and emphasize the importance of not using the same password for multiple accounts. (10-15 minutes)
- Divide the group into pairs or small teams. (5-10 minutes)
- Instruct each group to come up with a system for generating strong, unique passwords that are easy to remember and can be customized for each website. (20-30 minutes)
- Each group should create a chart or diagram to illustrate their password system. The chart should include a step-by-step process for generating a password, as well as a list of websites and corresponding passwords generated using the system. (10-15 minutes)
- Once the groups have completed their charts, ask them to share their password systems with the rest of the group. Encourage questions and discussion about the strengths and weaknesses of each system. (15-20 minutes)
- As a group, identify the best aspects of each system and create a new, collaborative password system that incorporates

these elements. (10-15 minutes)

- Have each participant create a list of their online accounts and use the collaborative password system to generate a unique password for each account. (10-15 minutes)

Finally, have participants test their new passwords on a few different websites, to ensure that they meet the password requirements and are easy to remember. (5-10 minutes)



RECOMMENDED YOUTUBE CHANNELS

Threatpost

This channel covers the latest cybersecurity news, including information on the newest cyberthreats and how to protect against them. With daily updates and expert analysis, Threatpost is a valuable resource for anyone looking to stay up-to-date on the latest threats to their digital security.



<https://www.youtube.com/c/threatpost>

The Hacker News

This channel covers breaking news in the world of cybersecurity, including updates on the newest cyberthreats, data breaches and other related topics. The channel features interviews with industry experts and in-depth analysis of the latest cybersecurity trends.



<https://www.youtube.com/c/TheHackerNews>

Cybercrime Magazine

This YouTube channel features interviews with cybersecurity experts and leaders from around the world. The channel covers a wide range of cybersecurity topics, including emerging threats, cybersecurity trends and cybersecurity best practices. The videos are informative and insightful, providing valuable perspectives from industry leaders on the state of cybersecurity today.



<https://www.youtube.com/c/CybercrimeMagazine>

CRIME VS HATE CRIME

Hate Crime is a specific form of crime in which the motivation of the offender to commit the crime is caused by the hate towards the victim's identity (gender, race, religion, sexual orientation, etc.).

Several countries in the world view hate crime as a specific form of crime that requires a different approach and strategy to be overcome. Sometimes, in such countries, punishment for hate crimes is much more severe. It is up to the investigation, to find out if the motive of the crime is hate or not.

On the other hand, some countries don't differentiate crimes from hate crimes and they don't count hate crimes independently as a separate category.

HATE CRIME SCENARIOS:

RACE

HATE CRIME SCENARIO

Two days ago, a young Chinese man was killed in the Colchester neighborhood. As neighbors told the police, the murderer was shouting that America was for only Americans and not for the Chinese people.

NON-HATE CRIME SCENARIO

Two days ago a young Chinese man was killed in the Colchester neighborhood. As neighbors told the police, the murderer was just protecting himself as the Chinese man tried to grab his bag.

RELIGION

HATE CRIME SCENARIO

Yesterday, two guys attacked the synagogue, destroyed the religious objects and stole luxury items from there. They also left several "swastika" symbols on the walls of the synagogue.

NON-HATE CRIME SCENARIO

Yesterday, two guys attacked the synagogue, destroyed the religious objects and stole luxury items from there.

SEXUAL ORIENTATION

HATE CRIME SCENARIO

Two bisexual women were beaten, last night, by a young man who was shouting and wearing a T-shirt with the message "Homosexuality is immoral".

NON-HATE CRIME SCENARIO

Two bisexual women were beaten, last night, by a young man. As their friends told the police, the argument was caused by the incident in the bar, when the accused man saw the women dancing with other guys.

ACTIVITY IDEAS: CRIME VS HATE CRIME

ACTIVITY 1

Within your group, define hate crime in your own words.

ACTIVITY 2

Discuss and Decide. Read the following scenarios and discuss in groups if the crime was motivated by hate or not. State the reasons.

SCENARIOS:

- On December 28, a young man was killed by a group of people. As viewers told the police, the guy had a Jewish Kippah on his head. (hate)
- This morning, robbers broke into the church and took valuables. (not hate)
- This morning, robbers broke into the church and took away valuables. The police found anti-Christian graffiti on the walls of the church, made by the robbers. (hate)
- A young Jewish girl was harassed in front of the church. People shout at her that Jesus was killed by the Jews, so she has no right to walk by the church. (hate)
- A Turkish restaurant was attacked by a group of people. Several valuables were stolen and, as the restaurant owner reported to the police, the robbers were calling him Turkophobic words in the Armenian language. (hate)

**ACTIVITY 3**

Create two similar crime stories in which one of them will be motivated by hate. Highlight the parts which make it clear that the crime is motivated by hate.

ACTIVITY 4

Discuss the following questions:

- How can hate crime affect the whole society?
- Why is it important to count the number of hate crimes separately?
- Do you think hate crimes should be more punished?
- What can be done to decrease the number of hate crimes?
- What can you do to decrease the number of hate crimes?

CRIME VS HATE CRIME

A hate incident is similar to a hate crime, but it can be any hate-motivated incident, not primarily the incidents that include criminal offenses (something that breaks the local law).

Unlike hate crimes, some types of hate incidents in general can be lawful. We might face hate incidents every day around us at educational centers, universities, in the streets or on social media. Hate incidents are also motivated by hostility towards the victim's identity. This can be gender, race, nationality, ethnicity, sexual orientation, age, religion or disability.

EXAMPLES OF HATE INCIDENTS:

- Name-calling;
- Insulting jokes;
- Offensive graffiti work that does not damage someone's property;
- Intimidation;
- Abusive text messages or social media comments;
- Displaying materials with hateful messages in public spaces.

Hate speech is one type of hate incident. In many countries hate speech is legal, but it has a bad impact on individuals or society in general. You might not be able to sue an individual for the hate incident, but you can always speak up and defend the victim of the hate incident. Remember that hate incident might harm one's mental health, so it is always to stand with the oppressed.

Hate incidents can decrease the sense of safety in the victim and they can have negative outcomes on the quality of productivity. In some cases, hate incidents and crime might lead to suicidal behavior (especially in LGBT-QI+ youth), drug use, depression, emotional suppression, etc.



ACTIVITY IDEAS:

ACTIVITY 1 - DISCUSS THE FOLLOWING QUESTIONS

- What is the difference between a hate incident and a hate crime?
- Make an example of a hate incident that is not a hate crime.
- Have you ever come across a hate incident? Describe it.
- How have you been impacted by this incident?
- Have you ever reported a hate incident? Why? Why not?
- What can we do to support those affected by this incident? Have you ever done something to support the victim?
- What do you think the consequences should be for those who commit hate crimes or hate incidents?

ACTIVITY 2 _ ROLE PLAY

Needed materials: Paper, pens.

Instructions:

- Divide the group into two teams (Victims and Perpetrators)
- Each group should come up with a scenario for a hate crime. Each scenario should include the type of hate crime, the location, the victims and the perpetrators.
- Each team should present its scenarios to the whole group.
- The group should choose one scenario and prepare a role-play for it.
- Role play should be followed by a discussion of how the victims, perpetrators and witnesses felt.
- Discuss how the situation could have been handled differently.



RECOMMENDED MOVIES:

“The Hunting Ground” (2015)

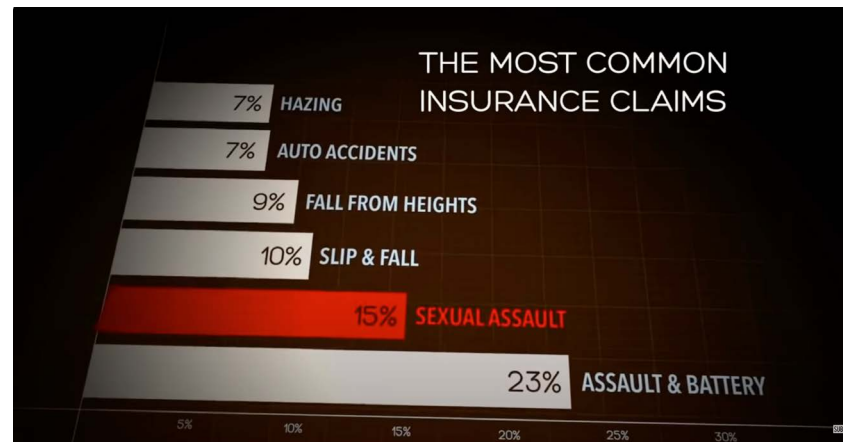
This documentary explores the issue of campus sexual assault in the United States, including the ways in which hate crimes can be motivated by misogyny and other forms of prejudice. The movie highlights the ways in which sexual violence can be used as a tool of oppression and explores the psychological impact of these crimes on survivors.

“The 13th” (2016)

This documentary examines the ways in which racial inequality has been perpetuated by the US criminal justice system, including the disproportionate impact of hate crimes on communities of color. The movie explores the history of racial oppression in the United States and offers insights into the ways in which systemic racism can contribute to hate crimes.

“White Right: Meeting the Enemy” (2017)

This documentary follows journalist Deeyah Khan, as she meets with white nationalists and other members of the far-right in the United States and Europe. The movie explores the psychology of hate and offers insights into the ways in which hate crimes can be motivated by fear, anger and other forms of prejudice.



TYPES OF HATE INCIDENTS

In the previous chapter, we discussed hate incidents and differentiated them from general hate crimes. This chapter will introduce you to different types of hate incidents and enable you to easily recognize hate incidents around you.

1. **Harassment:** Unwanted or unwelcome verbal or physical behavior, such as teasing, name-calling, intimidation or bullying.
2. **Physical violence:** Attacks, assaults or other violent acts, including murder, arson or vandalism.
3. **Threats:** Verbal or written threats of harm, such as death threats or threats of property damage.
4. **Property damage:** Damage to property, including graffiti, arson or other vandalism.
5. **Cyber Bullying:** Abusive comments or messages, such as racism or sexism, sent through social media or other digital communication platforms.
6. **Discriminatory exclusion:** Denial of access to services, resources or opportunities, based on one's identity.
7. **Discrimination:** Unfair treatment or exclusion based on one's identity.
8. **Intimidation:** Creating an intimidating, hostile or oppressive environment, through words or actions.

Even today, hate incidents are very common. Still, people are discriminated against on the basis of their religion, race, gender, sexual orientation or age. Here are some cases of hate incidents that took place in the 21st century:

1. **The Christchurch Mosque Shooting.** On March 15th, 2019, a white nationalist terrorist attacked two mosques in Christchurch, New Zealand. He killed 51 people and injured dozens more. New Zealanders stood in solidarity with their Muslim neighbors and supported the Muslim community.
2. **Orlando Nightclub Shooting.** On June 12th, 2016, a 29-year-old man who was connected to the Islamic State of Iraq and the Levant (ISIL) attacked an Orlando gay nightclub, with a gun, killing 49 people and injuring 53 others.
3. **The Pittsburgh Synagogue Shooting.** On October 27th, 2018, Robert Bowers, a 46-year-old white man opened fire in the Tree of Life synagogue, in Pittsburgh, Pennsylvania, killing 11 people and wounding 6 others. Bowers reportedly yelled “all Jews must die”, as he opened fire.



https://en.wikipedia.org/wiki/Christchurch_mosque_shootings

Thousands of civil rights activists have fought against hate incidents, including discriminatory exclusion, and shown the world an example of how to fight against inequalities. Here is the story of some of them:

ROSA PARKS

Rosa Parks was an African American Civil Rights activist, who refused to give up her seat to a white man in a segregated bus, in 1955, in Montgomery, Alabama. She violated a city ordinance and, as a consequence, she was arrested. Her action led to a 381-day bus boycott organized by Martin Luther King Jr. As a result, The Supreme Court of the United States of America ruled that the segregation laws were unconstitutional. Rosa Parks still remains as one of the prominent figures in the fight for racial equality in the United States of America and the whole world.

DICK LEITSCH

Dick Leitsch was an American civil rights activist and an important figure in the early Gay Rights Movement, in the United States. In 1966, Dick and his 3 friends entered Julius' bar in Greenwich Village, declared themselves as a gay man and asked the bar to be served. At that time, selling alcohol to homosexuals was prohibited. This act of civil disobedience was widely spread in the press at that time and resulted in the overturning of a New York State Liquor Authority regulation, barring the sale of alcohol to homosexual people.

THE BRITISH SUFFRAGETTE MOVEMENT

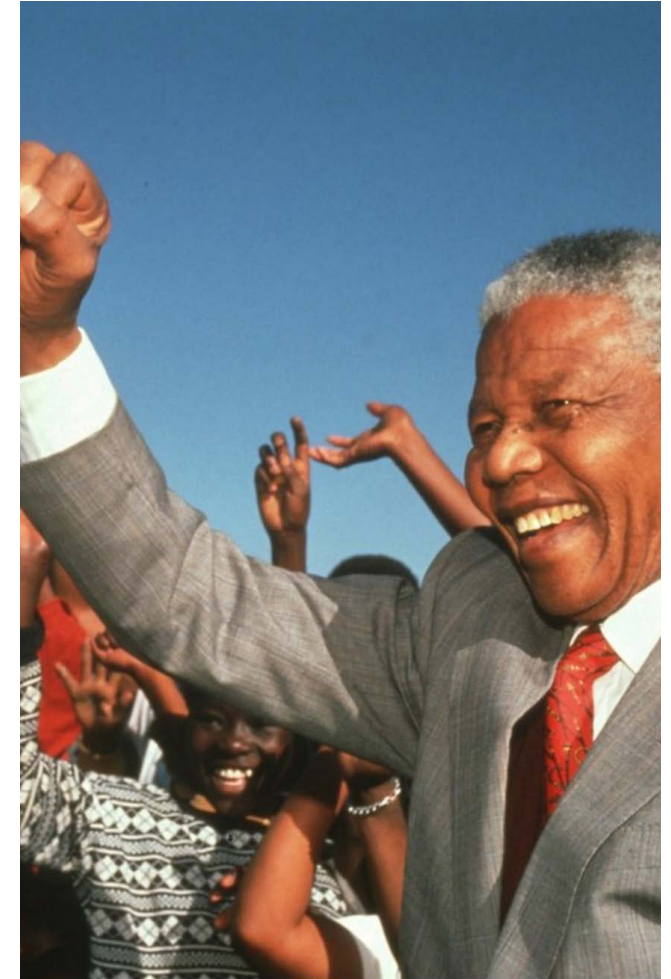
The British Suffragette Movement was a political movement that began in the late 19th century and lasted until the early 20th century. The main motive for the protesters was to gain the right to vote for women in the United Kingdom.

The movement was led by Emmeline and Christabel Pankhurst and the Women's Social and Political Union (WSPU). Suffragettes employed a variety of tactics, such as protests, marches and hunger strikes, to draw attention to their cause. The movement succeeded in 1918, when the Representation of the People Act was passed, granting the right to vote to women over the age of 30 who met certain property qualifications.

NELSON MANDELA

Nelson Mandela was the leader of the Anti-Apartheid movement in South Africa, in the 20th century. He was involved in civil disobedience campaigns advocating for human rights and equality. To organize a sabotage campaign against the government in 1961, he created a paramilitary wing under the African National Congress.

Later in 1964, Mandela was sentenced to life imprisonment. He was only released in 1990. After leaving the prison Mandela continued his hard work against inequality and apartheid. He successfully negotiated with the government to end the apartheid. In 1994, Nelson Mandela was elected as the president of South Africa.



https://historia.nationalgeographic.com.es/a/nelson-mandela-icono-lucha-contra-racismo-libertad-sudafrica_14534

ACTIVITY IDEAS:

1

ACTIVITY 1 - DISCUSS THE FOLLOWING QUESTIONS

1. What are the differences between hate crimes and hate incidents?
2. What are some of the most common forms of hate crimes?
3. Invent the stories of 2 hate incidents that are not hate crimes.
4. What are some of the methods used to prevent and address hate crimes and hate incidents?
5. How can members of the community work to support those affected by hate crimes and hate incidents?
6. How often do you face cyberbullying?
7. What do you do when you see someone cyberbullied?

2

ACTIVITY 2

Using online tools, look for the information about the following incidents, discuss them within groups and then present them to the whole team. Decide whether those events are hate crimes or hate incidents.

Group 1: 2009 Holocaust memorial vandalism in Des Moines, Iowa.

Group 2: 2012 attack on a Sikh temple in Oak Creek, Wisconsin.

Group 3: Unite the Right rally (2017)

Group 4: Mahsa Amini Death (2022)

Group 5: Quebec Mosque Shooting (2017)

Group 6: Westboro Baptist Church Rally

3

ACTIVITY 3: TRUE OR FALSE

1. Hate crimes and hate incidents involve the same type of behavior.
2. Hate crimes are motivated by prejudice or bias.
3. A hate incident does not have to involve physical harm.
4. A hate crime is an act of violence that is motivated by prejudice or bias.
5. Hate crimes are always criminal acts.

4

ACTIVITY 4: DESCRIBE THE POSTER

Using online tools, search for Soviet or Nazi posters that humiliate certain groups (Jews, Americans, believers, sexual minorities). Describe the poster and explain what methods are used to show any of the above-mentioned groups negatively.



WHY IS HATE SPEECH HARMFUL?

Hate speech is any type of communication that is intended to degrade, intimidate or incite violence or prejudice against a person or group based on their race, ethnicity, gender, sexual orientation, religion or other immutable characteristics.

It includes slurs, epithets, insults and other forms of verbal, written or visual communication that attack or demean a person or group. As with any other form of hate, hate speech also has negative effects on individuals or groups. Here are some reasons why hate speech is harmful.

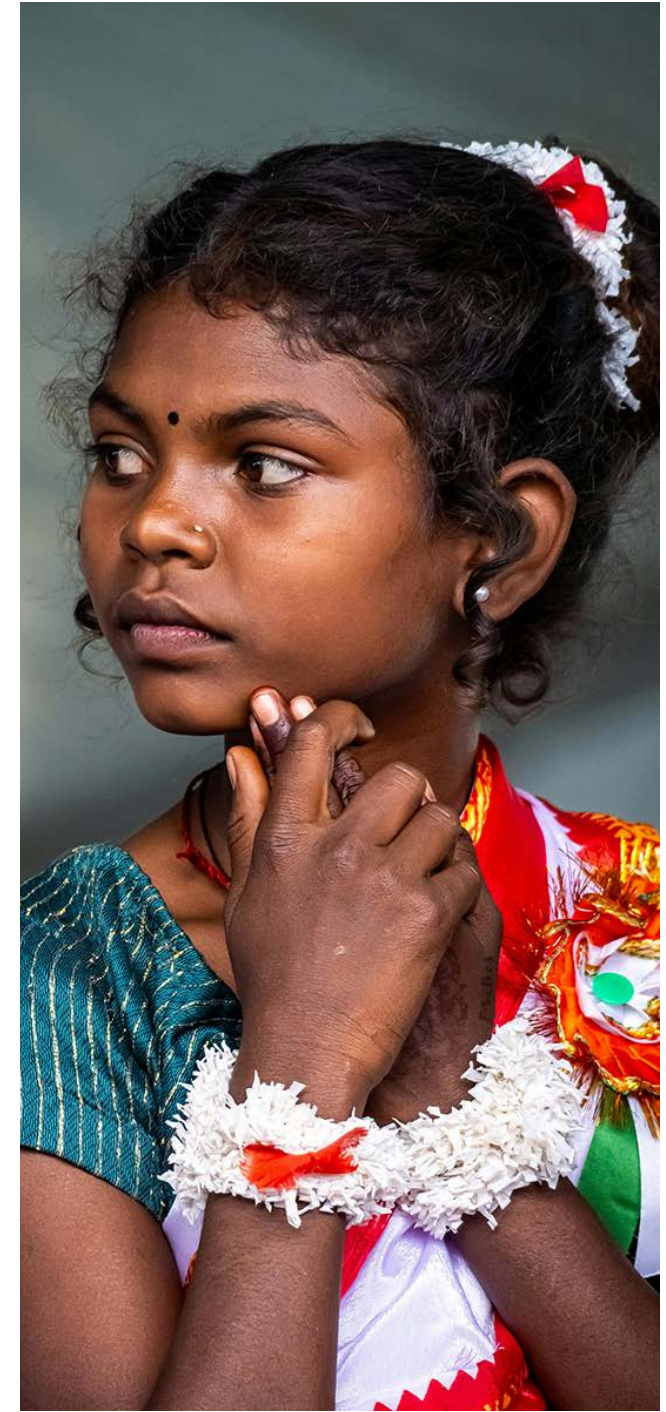
First of all, hate speech can perpetuate different stereotypes that people form about certain vulnerable groups. A stereotype is a generalized idea or image about a particular group of people. Sometimes stereotypes can be viewed as fun and harmless, but they can also have a bad psychological effect on the members of certain groups. Moreover, hate speech and especially stereotypes can incite violence against marginalized groups.

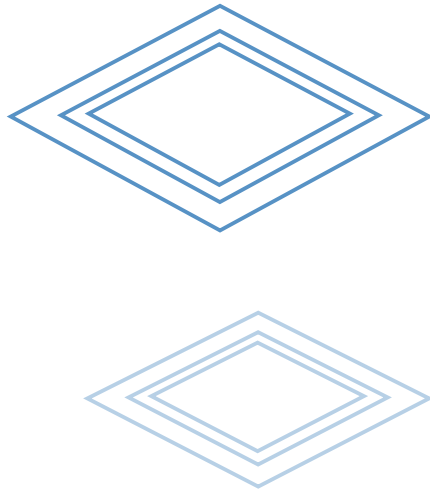
Furthermore, hate speech creates an environment of intolerance and hatred, which can lead to feelings of alienation and marginalization. Hate comments or attitude toward the members of marginalized groups stops the process of integration and the communities no longer benefit from diversity and from the values that can be created by the oppressed minorities.

Nowadays, we can see thousands of migrants fleeing their home countries (where they are

oppressed) to find a safer place with more opportunities. In such cases, the oppressor country always loses the value that could be created by the individuals who decided to flee. Also, hate speech can lead to trauma, anxiety and depression, which can have serious repercussions for those who are the targets of hate speech.

Hate speech can have different forms, depending on to whom it is directed.

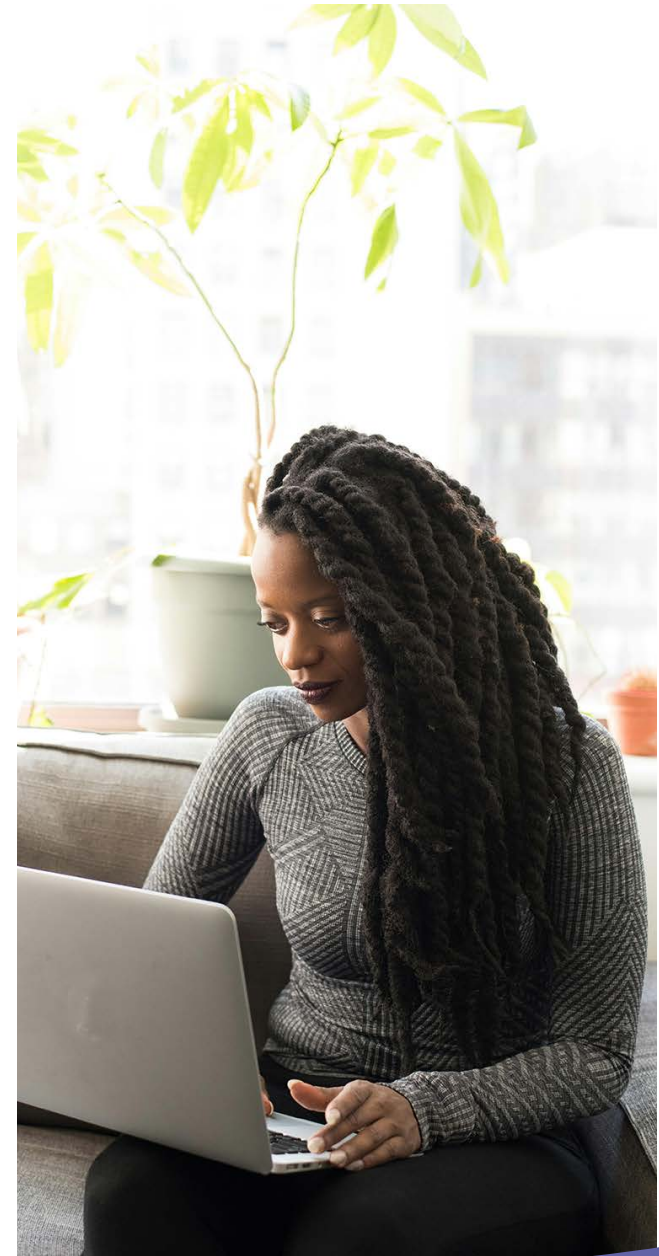




TYPES OF HATE SPEECH:

- **Racism:** Speech that denigrates or insults people based on their race, skin color or national or ethnic origin.
- **Sexism:** Speech that discriminates against or targets a particular gender or sex.
- **Homophobia:** Speech that discriminates against or targets people based on their sexual orientation or gender identity.
- **Religious Discrimination:** Speech that discriminates against or targets people based on their religious beliefs.
- **Xenophobia:** Speech that expresses hatred of people from other countries or cultures.
- **Ableism:** Speech that discriminates against or targets people with disabilities.
- **Ageism:** Speech that discriminates against or targets people on the basis of their age.

It might be hard to end hate speech around the world, but you can start fighting against it, in your local community. Remember to always speak up when you see injustice and stand with the oppressed.



ACTIVITY IDEAS:

1 ACTIVITY 1 - DISCUSS THE FOLLOWING QUESTIONS

1. How do you define hate speech?
2. How can one differentiate hate speech from other speech?
3. Should hate speech be free speech?
4. What strategies can we use to combat hate speech?
5. What role can technology play in preventing and countering hate speech?

2 ACTIVITY 2 - DEBATE

Some people (group A) believe that the way to fight hate speech is to make it illegal and punish all of those who use it, while other people (group B) disagree and think that hate speech is part of free speech and can be only eliminated by education and by spreading better ideas.

Divide into two groups and each person should defend their opinion with additional arguments.

3 ACTIVITY 3 - SCENARIOS HOW WILL YOU ACT?

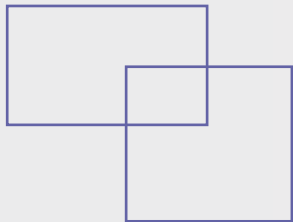
Read the following scenarios and in groups decide how you will act. Compare the results and discuss better ways to respond to hate speech.

Scenarios:

1. Someone made a comment in class that is dismissive of another person's religion.
2. A student posts a comment on a forum that is racist and offensive.
3. Someone spray paints a swastika on a public building.
4. A person at a public park verbally assaults someone because of their sexual orientation.
5. A user posts a series of inflammatory and insulting comments about a particular religion on an online discussion board.

4 ACTIVITY 4 - HATE SPEECH WORD CLOUD

On a poster write all the words that are connected to the prevention of Hate Speech. Read all the answers.



WHY ARE SOME ADULTS HATERS? WHY DO THEY PRODUCE HATE SPEECH?

The reason why some adults are haters is complex and can be grouped into several categories:

1 HATE CAUSED BY CHILDHOOD TRAUMA AND FEAR/INSECURITY

Sometimes, hate in adults is caused by childhood trauma that causes fear and insecurity. Childhood trauma can include physical, emotional or sexual abuse, war, neglect, bullying, witnessing violence, natural disasters or the death of a loved one. Childhood trauma can have a long-lasting effect. For someone who has childhood trauma, professional help is very important. In order to overcome childhood traumas, a safe environment, mindfulness activities and self-care are vital.

2 HATE CAUSED BY JEALOUSY

Sometimes, hate is caused by jealousy of others. One can be jealous of someone's achievements or success. Jealousy is a very common reason for hate among people. A jealous adult might feel resentful and bitter, might have hateful thoughts and sometimes might act hatefully. Adults who easily get jealous have not realized that our successes and failures do not define our worth.

3 HATE CAUSED BY THE HARDNESS OF ACCEPTING NEW IDEAS

Sometimes, hate actions are caused by intolerance of new ideas. New ideas can challenge originally held opinions. However, some people find it hard to accept that they were wrong, so they cling to traditional thinking and they refuse to consider alternative points of view.

4 HATE CAUSED BY LOW SELF-ESTEEM

Self-esteem is one of the forces that drive our interaction with other people. Low self-esteem often causes insecurity, worthlessness and inadequacy, which can lead to feelings of hatred toward others. Low self-esteem often causes envy, resentment, anger and aggression towards others.

5 HATE CAUSED BY UNACCEPTANCE OF ONESELF

Sometimes, people hate themselves because of certain characteristics, but as they cannot change it, they attack other people with the same traits. This is very often practiced by LGBTQ+ people who fear expressing themselves and in contrast, they attack other LGBTQ+ individuals just to hide their orientation or to decrease their self-anger. Normally, such actions are common in a homophobic environment. Once an individual is free to express oneself, such anger disappears or decreases.

ACTIVITY IDEAS:

1

ACTIVITY 1 - DISCUSS THE FOLLOWING QUESTIONS:

1. Have you ever encountered a hate that was caused by jealousy? Please, describe the case and discuss how the hater acted.
2. What do you think motivates people to engage in hatred and discriminative behavior?
3. What role do our emotions play when it comes to hatred and discrimination?
4. How can we better educate ourselves and others around us to prevent hatred and discrimination?

2

ACTIVITY 2 - WRITE A LETTER TO A HATER

Constructively express your feelings and write a letter to a hater. Try to convince them to give up hating.

3

ACTIVITY 3 - DEBATE

Some people believe that it is important to respond to hate comments on social media and criticize the haters, while others oppose and think that with such actions haters get satisfaction, so it is important to neglect them. Divide into two groups, so that each person defends their opinion with additional arguments.

4

ACTIVITY 4 - DEBATE

1. Discuss the next question in groups: Which societal factor can form a hater from a normal adult?
2. Create a poster with all possible answers, in groups.

WHAT IS A DIGITAL WOUND? WHY DO THEY SPREAD SO EASILY?

A digital wound is a type of injury that is caused by several digital factors, including cyberbullying, identity theft, data breaches and other malicious uses of technology. In all cases, digital wounds are harmful, but they can be grouped into 3 categories, according to the form of harm. Digital wounds can cause emotional, physical or financial harm to an individual.

1. **Emotional Harm** - Emotional harm can be caused by cyberbullying. Because of hateful comments, one can feel depressed, hurt or isolated.
2. **Physical Harm** - Physical harm can be caused by identity theft or malware attacks.
3. **Financial Harm** - Digital financial harm can be caused by online scams, phishing, online fraud or other malicious activities.

1- EMOTIONAL HARM

Emotional harm is generally caused by random social media activity, cyberbullying or digital intimidation. It can have different levels depending on the content.

Emotional harm can be caused by seeing comments on public posts, as well as by receiving threats about sharing personal information (photos, messages) online. Some of the things that cause emotional harm might be illegal and punishable (intimidation), but things such as Facebook posts or comments are normally part of free speech, so in this case, only the government is not enough to protect individuals who are harmed, they also need emotional support from other people.

Often emotional harm is also caused by various marketing contents that standardize specific things and create expectations of how a person should look, behave or interact with others. Those who do not fit the standards and do not meet the expectations of their gender, age or other social norms might see their emotional well-being compromised.

2- PHYSICAL HARM

Identity theft or malware attacks can be the sources of digital physical harm. Such actions can cause not only minor data loss, but also physical destruction of property. Normally, physical harm can be spread by internet viruses. Knowledge of modern technologies and cyber security is the best way to be protected from digital physical harm.

3- FINANCIAL HARM

Financial harm is a widely spread reason for a digital wound. The lack of knowledge of modern technologies always gives some individuals opportunities to take advantage of other people and steal their money with the help of financial pyramids or scams. Financial harm can also be caused by hacking personal or business accounts. Normally, such actions are illegal, but sometimes people cannot get back what they lost, so it is important to have the skills in modern technologies that will help us to get rid of scammers.

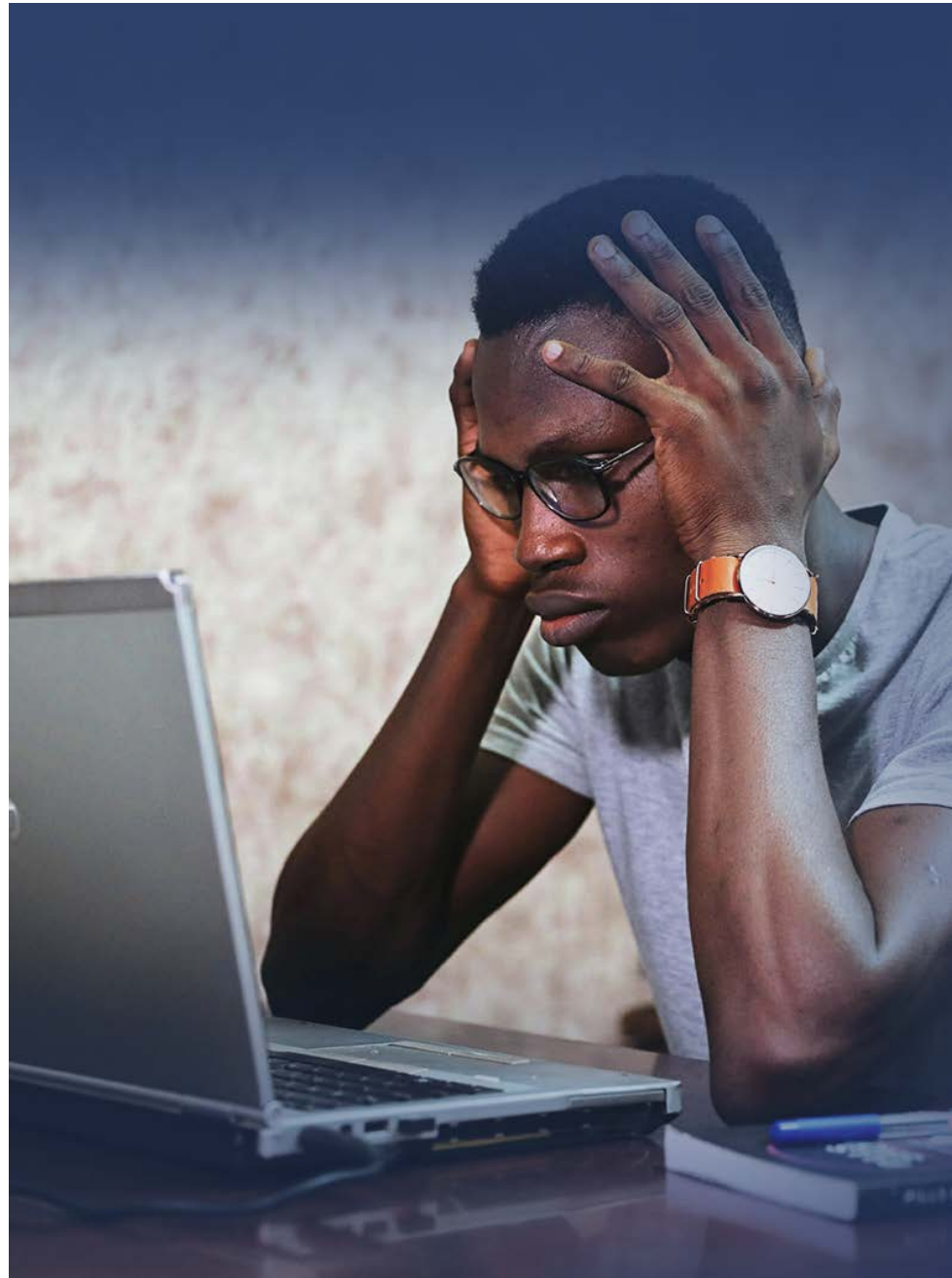


EXAMPLES OF DIGITAL WOUNDS:

- One is the target of threats, insults and other forms of abuse on social media;
- One is repeatedly harassed, humiliated or embarrassed on social media;
- One's actions are tracked on social media, without their consent;
- One's personal information is stolen or used without permission;
- One is excluded from certain networks or groups on social media.

Digital wounds can be spread easily because the internet and social media are well interconnected. Rumors or harmful information are spread widely, as it goes from person to person very fast. Additionally, digital wounds are often amplified by algorithms that can identify and surface content that has the potential to go viral.

It is not always possible to check the content of activities of millions of users on social media, so sometimes harmful content is viewed by millions. It should be noted that it can be difficult to contain or undo the damage once it's been done by digital and harmful content.



ACTIVITY IDEAS:

1 **ACTIVITY 1 - DISCUSS THE FOLLOWING QUESTIONS:**

1. Explain the digital wound in your own words.
2. Have you ever had a digital wound? How did you feel? Describe it.
3. How can we differentiate between healthy and unhealthy online interactions?
4. What are the benefits of maintaining a positive online presence?
5. What are the potential consequences of digital wounds?
6. How do you handle criticism or negativity online?
7. Name some examples of physical digital wounds and describe them.
8. How can we use our platforms to build empathy and understanding between people?
9. What can we do, as a society, to help reduce the amount of negative and hurtful comments on social media?
10. What steps can we take to limit the spread of false or damaging information on social media?

2 **ACTIVITY 2 - DEBATE TOPICS:**

- Should Social Media Companies be Held Accountable for Online Harassment?
- Should Governments Ban Social Media for Youth to Prevent Cyberbullying?
- Is Social Media a Positive or Negative Influence on Society?
- Is Social Media a Threat to Privacy?
- Should Social Media Companies be Allowed to Censor Content?

4 **ACTIVITY 4 - ROLE PLAY**

In this activity, participants will role-play various scenarios involving social networking sites. Act out typical situations that might include potential harm from social networking sites, such as cyberbullying, privacy violations, identity theft, etc.

3 **ACTIVITY 3 - CREATE A POSTER**

Put digital responsibility in the center of the poster and create a word cloud. Discuss each answer together with the whole group.

5 **ACTIVITY 5 - CREATE A CONSTITUTION FOR THE WOUND-FREE SOCIAL NETWORK.**

Brainstorm in small groups and create a Constitution for a new social network, which will be digital wound-free. Think about what kind of digital wounds you already read about and make sure your Constitution does its best to eliminate them. Discuss your Constitution with the whole group. Challenge the Constitutions of the other groups, by asking them questions.

CHAPTER 6: EXAMPLES OF DIGITAL WOUNDS IN POPULAR DIGITAL MEDIA

UNDERSTANDING MEDIA ANALYSIS IN ONLINE HARM:

Media analysis means looking closely at what's being said and shared across different online places to understand how online harm, or digital wounds, happens and affects people and groups.

WHAT'S INVOLVED IN LOOKING AT MEDIA FOR ONLINE HARM:

Looking at Different Places: This involves really digging into various online spaces like social media, forums, chat apps, and anywhere people interact digitally to see where and how these digital wounds happen.

Spotting the Harm: Analysts look for instances of online harm - this could be bullying, hate speech, personal attacks, or any harmful behavior online. They study these situations to understand how bad they are and what effect they have.

Checking the Content: They look at the actual posts, comments, or pictures that are hurtful, analyzing the words used, who's being targeted, and the situation around it.

Seeing the Patterns: By looking at a lot of different cases, analysts can start to see trends - like if certain types of harm happen more on some platforms or if there are common ways people try to hurt others online.

Understanding the Impact: They consider how these online wounds hurt individuals and communities. This might be looking at emotional pain, stress, or even physical effects from the stress of being targeted online.

Sharing What They Find: After studying all this, analysts usually write reports or articles to tell others about how widespread and serious online harm is. This can help in making rules, improving online spaces, or teaching people about the risks and how to protect themselves.

WHY LOOKING AT MEDIA MATTERS:

Understanding what happens in online spaces is really important for figuring out how to make them safer and more welcoming for everyone. By studying the harmful stuff that happens, we can better understand how to stop it and help people who've been hurt. It's all about making the digital world a kinder place for everyone. In short, looking at media for online harm involves carefully studying how bad behaviors show up in popular online places. It's key in helping everyone know about these issues, holding people and platforms accountable, and working towards a safer internet for everyone.



ENGAGEMENT RULE EXPLORATION:

The 90:9:1 rule explains how people usually act in online groups. Imagine an online community like a big party, but not everyone talks the same amount:

- 90% are Quiet Observers (Lurkers): They're at the party but just listening and watching, not really joining in the conversations.
- 9% Chat Sometimes (Contributors): These folks occasionally join the conversation, maybe with a comment or a like here and there.
- 1% Love to Talk (Creators): They're the life of the party, always chatting, posting, and leading discussions.

Why This Matters for Online Harm:

- **Quiet Observers:** Most people just watch what happens, even if it's someone being mean or harmful. They might not step in, which could make the person causing harm feel like it's okay.
- **Some Chatters:** This small group might sometimes respond to the mean stuff, either adding to it or trying to stop it. They can really sway what the whole community feels like.
- **Big Talkers:** This tiny group can have a huge effect, especially if they're the ones being mean or stirring up trouble.

Understanding this helps us see how just a few people can really change the mood of an online space. That's why it's so important to encourage everyone to be nice and stand up to harmful behavior online.

CASE STUDIES:

Incorporated real-life case studies to demonstrate the tangible impact of digital wounds in popular digital media contexts.

GAMERGATE CONTROVERSY:

Gamergate started as an online movement ostensibly concerning ethics in game journalism but escalated into a large-scale harassment campaign targeting several women in the gaming community, especially female developers, critics, and gamers.

The movement led to serious cases of harassment, doxxing, and threats against individuals, particularly women involved in gaming, highlighting a need for better safety and inclusivity online. The controversy sparked global discussions about misogyny and harassment in gaming culture and led to calls for better moderation and community management on gaming platforms.

AMANDA TODD'S STORY:

Amanda Todd was a Canadian teenager who became a victim of cyberbullying and blackmail. After being coerced into sharing compromising photos, she was bullied and harassed both online and in person.

Her ordeal led her to change schools several times and struggle with anxiety and depression. Tragically, she took her own life in 2012. Her story became widely known after a video she posted detailing her experiences went viral, bringing significant attention to the issue of cyberbullying and leading to various anti-bullying initiatives.

CAROLINE CRIADO-PEREZ'S TWITTER ABUSE:

Caroline Criado-Perez is a British journalist and activist who faced a barrage of abusive messages on Twitter following her campaign to feature a woman on British banknotes. The abuse included rape and death threats over several days, causing her severe distress.

The incident led to a wider discussion about misogyny on social media platforms and the effectiveness of their harassment policies. It also led to legal consequences for some of the perpetrators and prompted Twitter to improve its mechanisms for reporting and handling abuse.

PEWDIEPIE VS. T-SERIES:

The PewDiePie vs. T-Series rivalry was a race to become the most-subscribed YouTube channel. PewDiePie, a long-standing most-subscribed YouTuber, was being closely contested by T-Series, an Indian music label. The rivalry gained immense attention and included various efforts by fans to support their preferred channel.

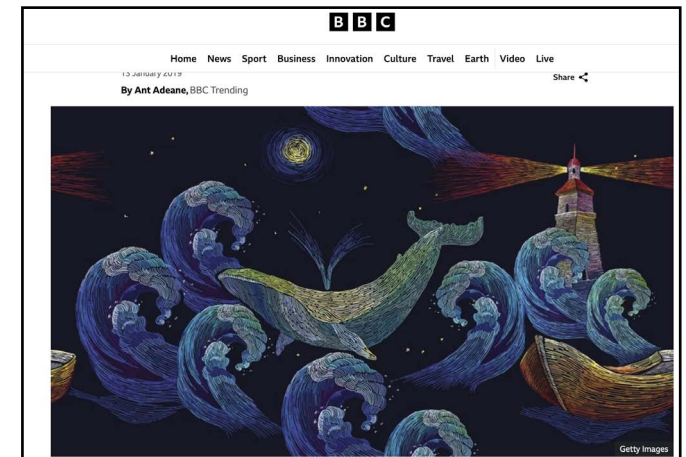
The intense competition led to various negative tactics from fans, including hacking and doxxing. While the rivalry was largely seen as a lighthearted competition, it did highlight the potential for digital communities to engage in harmful behavior in support of their favored content creators.

THE "BLUE WHALE" CHALLENGE:

The "Blue Whale" challenge was an alleged social media phenomenon that reportedly consisted of a series of tasks assigned to participants by administrators over 50 days, with the final challenge being suicide. The challenge gained

public attention with several reports linking it to cases of self-harm and suicide among young people.

The challenge led to significant concern and action from authorities and social media platforms to combat its spread. While the existence and extent of the challenge's influence have been a subject of debate, it underscored the potential dangers of harmful online trends and the importance of online safety for vulnerable individuals.



<https://www.bbc.com/news/blogs-trending-46505722>

TEMPTING OF THE DARKNESS

1

AMBASSADOR OF ONE AND ONLY TRUE MORAL

Sometimes, we become so entrenched in our moral beliefs, that it's difficult to imagine that we could be contributing to the toxic environment of the internet. For instance, consider a scenario where your mother and father are physically ill and unable to work, and their low retirement income is barely sufficient to cover their medical expenses.

You come across a Facebook post about how people should work themselves to death and without considering the possibility that it could be meant as irony, you feel a sudden urge to protect all the retired people from early death and poverty.

You begin to participate in discussions and debates on social media related to retirement policy, and as you become more passionate about the issue, you start to notice that some of the other participants are becoming increasingly hostile and aggressive towards you and those who share your views.

Despite this, you continue to engage in the debates, feeling that it's important to stand up for what you believe in. You post comments and share articles that you feel support your views, but you start to notice that your words are having unintended consequences. The discussions are becoming more divisive and toxic, and you begin to realize that your actions are contributing to this negative online environment.

QUESTIONS TO ASK YOURSELF

- Am I being respectful of others' opinions, even if I disagree with them?
- Am I engaging in debates or discussions in a civil and respectful manner?
- Am I distorting information about others and exaggerating their 'villainous' qualities to gain an advantage over them?
- Am I promoting harmful stereotypes or prejudices, using racist or sexist language? Even when it is "just" a joke?
- Am I engaging in trolling behavior, such as deliberately provoking others to elicit an emotional response?
- Am I being mindful of the impact of my words on others and avoiding posting anything that could be harmful or offensive?
- Am I seeking out more constructive ways of engaging with others who have different views, rather than engaging in hostile or toxic debates?



ACTIVITY IDEAS: DEVIL'S ADVOCATE

Materials: A list of controversial topics, such as politics, religion or social issues; small slips of paper for participants to draw from.

Instructions:

1. Divide the participants into two groups.
2. Have each group draw a slip of paper with a controversial topic on it and assign them the task of preparing arguments to defend one of the two opposing opinions on the topic. Participants do not need to agree with the opinion they are assigned to defend.
3. Instruct the groups to prepare for a passionate debate on the topic they have been assigned. They should research their position, gather evidence, imagine all the valid reasoning and practice presenting their arguments.
4. Once each group is prepared, bring the two groups together and have them perform a debate with each other.
5. After each group has presented, have the participants switch roles. This time, they should present the opposite side of the argument.
6. Once the debates are complete, have the participants reflect on the experience. Ask them questions such as:

- *How did it feel to argue for a position you don't necessarily agree with?*
- *Did you find yourself becoming emotionally invested in the debate, even though it was just a role-play?*
- *How did you react when someone challenged your arguments or beliefs?*
- *Did you feel like you were being swayed by the arguments of the other side?*
- *How do you think this exercise relates to online debates and discussions?*

TEMPTING OF THE DARKNESS

2

SCARECROW

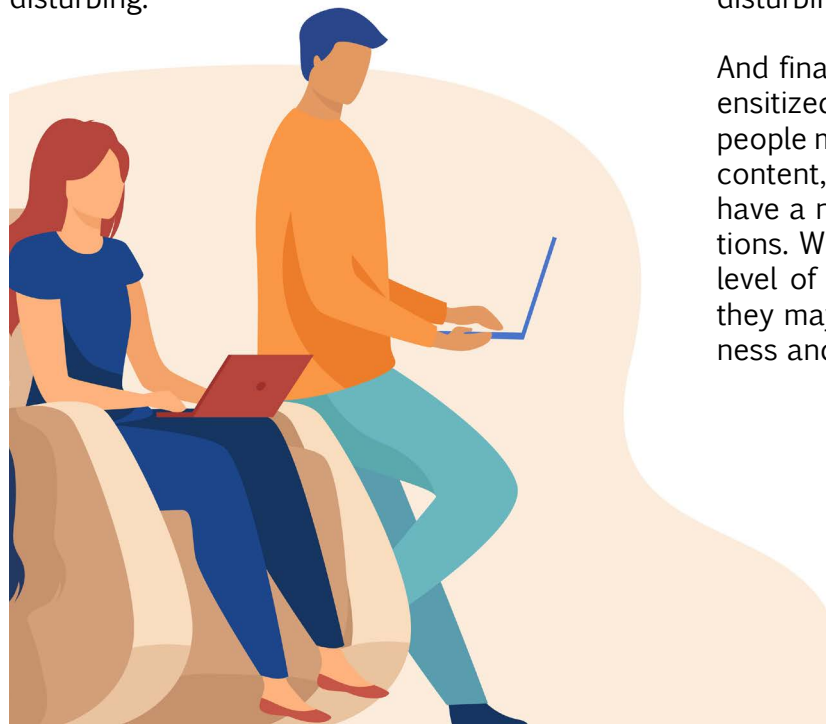
Imagine you come across a post on social media that shows a cat tied by the tail on a tree branch. The image might be something that you find weird or even shocking, but you don't realize that it could be deeply traumatic for someone who has experienced something similar. You share the post with your friends, not thinking about the potential consequences. However, a friend or acquaintance reaches out to you and tells you that the image has triggered their anxiety and caused them to have a panic attack. In their childhood their cat was tortured by a city gang. You feel guilty and ashamed, realizing that you didn't consider the impact of sharing such content with others.

Exposure to graphic and violent content is becoming increasingly common today. Whether through news, games, movies or social media, it's not uncommon to encounter disturbing content. However, people's ability to watch and process graphic and violent imagery varies greatly, with some able to handle it without issues, while others find it highly disturbing. They are highly sensitive to violent or graphic content.

These individuals may have experienced trauma in the past, suffer from anxiety or other mental health conditions or they can be highly sensitive people. Exposure to graphic or violent content can trigger intense emotional reactions, inclu-

ding panic attacks, nightmares and other symptoms of post-traumatic stress disorder (PTSD).

Then, there are others somewhat desensitized to graphic and violent content. These individuals may have grown up in environments where such content was common or they may have been exposed to it through their work (such as healthcare professionals). While they may not experience the same level of distress as highly sensitive individuals, they may still find the content disturbing.



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And finally, there are those who are highly desensitized to graphic and violent content. These people may have developed a tolerance for such content, through repeated exposure or they may have a natural ability to detach from their emotions. While they may not experience the same level of distress as highly sensitive individuals, they may also be at risk for developing callousness and a lack of empathy, over time.

TEMPTING OF THE DARKNESS

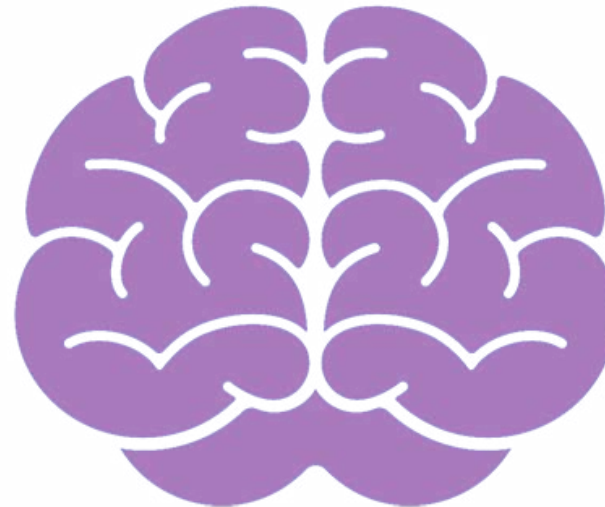
3 SLOWLY BOILED CRAB

The brain is a complex organ, capable of processing vast amounts of information and stimuli, on a daily basis. But, it is also highly sensitive to certain types of content, particularly when it comes to violent or graphic material or narratives that are highly triggering.

In recent years, we have seen an explosion in online content from social media and news websites, to streaming services and online forums. While this increased access to information and entertainment can be empowering and exciting, it also comes with significant risks.

In the extreme cases, there are corners of the internet, such as the dark web or 4Chan, which are notorious for sharing graphic and violent content that can be extremely traumatizing for those who stumble upon it.

In this context, it is important to understand the biochemistry of the brain and its limitations. Whether it is exposure to gradually extreme pornography or watching a seemingly harmless show about a suicidal girl, the brain can be significantly impacted by exposure to this type of material, leading to anxiety, trauma and other mental health issues.



STORY OF A “13 REASONS WHY”

“13 Reasons Why” is a trendy Netflix show that explores events leading up to a teen girl’s suicide. While praised for frank portrayal of mental health issues, it is criticized for graphic depictions of suicide. Some mental health experts suggest the show’s release may have contributed to increased suicide rates.

A study published in *JAMA Psychiatry*, in 2019, found a significant increase in suicide rates among young people in the US, following the show’s release. The suicide rate among 10 to 17 year-olds increased by nearly 30%, in the month after the show, and there was an overall increase in suicides during the following nine months.

While difficult to draw a direct link between the show and the increase in suicide rates, some mental health experts suggest vivid and sensationalized portrayal of suicide may have contributed to a “copycat effect”, among vulnerable young people. Netflix has taken steps to edit certain scenes and provide additional support for viewers.

Relationship between media depictions of suicide and actual suicide rates is complex and not well understood. Some studies have suggested a link between media portrayals of suicide and suicide rates, while others found no such relationship. Some studies suggest responsible depictions of suicide may have a positive impact on suicide prevention efforts.

SAD FACT_CASE OF SELENA SCOLA

Former Facebook content moderator Selena Scola filed a lawsuit against the company claiming that her work had caused her to develop PTSD and depression.

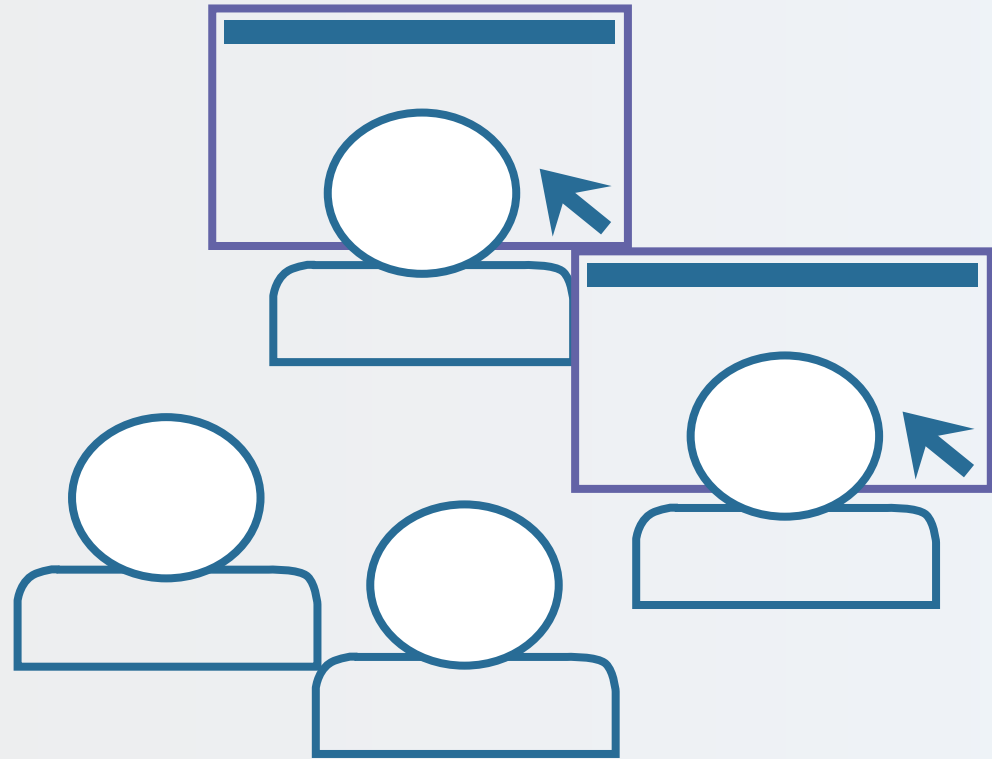
According to the lawsuit, Scola was exposed to thousands of graphic and disturbing images and videos on a daily basis, including images of child abuse, beheadings and other forms of violence. She alleged that Facebook failed to provide adequate support or protection for content moderators, despite knowing the potential risks of their work.

- Niederkrötenhaler T, Stack S, Till B, Sinyor M, Pirkis J, Garcia D, Rockett IRH, Tran US. Association of Increased Youth Suicides in the United States With the Release of 13 Reasons Why. *JAMA Psychiatry*. 2019 Sep 1;76(9):933-940. doi: 10.1001/jamapsychiatry.2019.0922. PMID: 31141094; PMCID: PMC6547137.
- Facebook will pay \$52 million in settlement with moderators who developed PTSD on the job. (2020, May 12). Facebook Will Pay \$52 Million in Settlement With Moderators Who Developed PTSD on the Job - the Verge. <https://www.theverge.com/2020/5/12/21255870/facebook-content-moderator-settlement-scola-ptsd-mental-health>



ACTIVITY IDEAS: GRAPHIC CONTENT

- Begin by explaining to the participants how exposure to violent or extreme content can impact their biochemistry and mental health. Provide examples and studies that demonstrate the potential risks of exposure to graphic material and discuss how the brain responds to this type of content. (15 minutes)
- Ask participants to share stories from their childhood or adolescence about encounters with violent or extreme content. These could be stories about watching a particularly violent movie or show, playing a violent video game or coming across graphic content online. (15 minutes)
- Encourage participants to reflect on how these experiences made them feel at the time and how they may have impacted their mental health or expectations about life. (10 minutes)
- After sharing those experiences, ask participants to reflect on any coping mechanisms they may have developed to manage exposure to violent or extreme content, such as limiting their consumption of certain types of media or seeking out mental health support when needed. (15 minutes)



TEMPTING OF THE DARKNESS

4 CONTENT CREATOR

Have you ever found yourself scrolling through Instagram or watching YouTube and feeling like you just don't measure up to the people you see on there? It can be tough to feel confident in yourself and your appearance when you're constantly bombarded with images of people who seem to have it all together.

Imagine that you accidentally became famous by creating a few videos about your favorite car. Suddenly, you are gaining 1000 followers a day and you become a YouTuber. But here is the thing, you were never really confident to begin with.

Watching other channels with buffed guys only makes it worse. You start to feel self-conscious about your appearance, especially since you do not look like those guys. You have a short jaw and a weird voice and making new videos becomes a bigger and bigger struggle for you, even though people seem to like your content.

You try to cut back on meals to lose some weight, but you find yourself overeating from stress. And then you discover something new: it is easier to vomit after eating. You start doing this more and more, thinking it is your new "miraculous" way to fulfill the expectations of your viewers.

Why should we not pay too much attention to what appears to be valuable on the internet? It is important to understand that we should not rely too heavily on the internet, to determine what is considered "standard" in our lives. The internet is a virtual space where almost anything can be fabricated.

Many content creators may not be able to achieve success in their real lives and are using the internet as a way of compensating for their shortcomings. Therefore, we should not compare ourselves to these internet personas, as it is a never-ending battle that can lead to feelings of inadequacy and low self-esteem.

Instead, it is crucial that we engage in fair competition in real-life situations. This is where we can truly see and appreciate others for who they are. For example, we may discover that someone's body posture seems more attractive than the face, or that smooth conversation with someone feels more valuable than someone else's selfies in front of a mirror. By focusing on real-life interactions, we can gain a more accurate and authentic understanding of ourselves and others.

According to the National Eating Disorders Association (NEDA), body dysmorphic disorder affects up to 2.4% of the general population and

approximately 13% of individuals with an eating disorder. In addition, a study published in JAMA Pediatrics found that from 2000 to 2018, there was a significant increase in the number of minors and young adults hospitalized for eating disorders, with a particular increase in males. Another study published in the Journal of Adolescent Health found that social media use was associated with an increased risk of body dissatisfaction and eating disorders in young adults. Beauty trends on the internet can change very quickly, sometimes within a matter of days or weeks. Social media platforms like Instagram, TikTok and YouTube are particularly influential in shaping these trends, as they provide a space for influencers and content creators to share their latest looks and beauty routines with a global audience.

This pressure can be compounded by feelings of insecurity and inadequacy, as people compare themselves to the seemingly perfect images they see online.

Marketers and beauty companies are well aware of these insecurities and often use them as a way to promote expensive products. By capitalizing on people's desire to look a certain way, these companies can create a sense of urgency around their products and justify charging high prices.

According to a survey by the American Society of Plastic Surgeons, 55% of surgeons reported an increase in cosmetic procedures among patients under the age of 30 in 2020, which some have attributed to the influence of social media on body image. Additionally, a study published in the Journal of Social and Clinical Psychology found that people who spend more time on social media tend to have higher levels of body dissatisfaction and lower self-esteem.

In summary, beauty trends on the internet can change very quickly and people's insecurities around their appearance can be used to promote expensive products. This can lead to feelings of pressure and inadequacy, particularly among young people who are most likely to be influenced by social media. Real-life examples of people struggling with these issues include model Charli Howard and influencer Nikkie de Jager, among others.

Ross L Pearlman, Amanda H Wilkerson, Emily K Cobb, Summer Morrisette, Frances G Lawson, Chelsea S Mockbee, Laura S Humphries, Kimberley H M Ward & Vinayak K Nahar(2022) Factors Associated with Likelihood to Undergo Cosmetic Surgical Procedures Among Young Adults in the United States: A Narrative Review, Clinical, Cosmetic and Investigational Dermatology, 15:, 859-877, DOI: 10.2147/CCID.S358573



HISTORIC “BEAUTY STANDARDS”

Foot binding in China: The practice of foot binding involved breaking and binding the feet of young girls to prevent them from growing more than a few inches long, resulting in a small, pointed foot that was seen as a sign of beauty and social status.

- **Corsets in Europe and North America:** Corsets were tight-fitting undergarments designed to cinch in the waist and create an hourglass figure. They were worn by women from the 16th to the early 20th century and could be so tight that they caused organ damage and difficulty breathing.
- **Powdered wigs in 18th century Europe:** Wigs made of human or animal hair were coated in powder made of flour or starch, which could attract lice and cause scalp infections. Wigs were worn by both men and women, as a sign of status and fashion.
- **Sun-bleached hair in ancient Rome:** Women in ancient Rome would lighten their hair, by exposing it to the sun and applying a mixture of chalk and ashes. However, this practice could cause hair to become brittle and break easily.
- **Foot tall hair in the 18th century:** Women in France would pile their hair up into elaborate styles that could be a foot or more tall. These styles were achieved with the help of hairpieces and padding and were often adorned with feathers, jewels and other accessories.
- **Lead-based makeup in Europe:** Women in Europe would apply a white powder made from lead to their faces, in order to achieve a pale complexion. However, lead is toxic and can cause a range of health problems, including lead poisoning.
- **Neck rings in Southeast Asia:** Women in some cultures in Southeast Asia wear brass rings around their necks to create the appearance of a longer, thinner neck. However, the rings can cause neck muscles to atrophy and make it difficult to hold up the head without them.
- **Cranial binding in ancient Mesoamerica:** The practice of cranial binding or head shaping was used by several cultures in ancient Mesoamerica to flatten and elongate the skulls of infants, which was seen as a sign of beauty and status.
- **Skull elongation in ancient Egypt:** Members of the ruling class in ancient Egypt would elongate their skulls by binding them tightly with linen, which was believed to be a sign of intelligence and spiritual enlightenment.
- **Lip stretching in East Africa:** Women in some cultures in East Africa would stretch their lips by inserting plates or disks into them. This was seen as a sign of beauty and status, but it could also cause dental problems and other health issues.

Modern beauty standards:

- **Overly bleached teeth:** Teeth whitening has become increasingly popular in recent years, with many people opting for extremely white teeth that can look unnatural or even harmful to dental health.
- **Extreme contouring:** The trend of extreme contouring involves using makeup to create defined and sharp features, such as cheekbones and jawlines. However, this can also create an unrealistic and exaggerated appearance.
- **Tight gap:** The “tight gap” trend involves having a small, narrow gap between the front two teeth. This has been popularized by models and celebrities, but can also lead to dental health problems.
- **Extreme plastic surgery trends:** Social media has popularized a range of extreme plastic surgery trends, including “lip flipping”, to create a fuller upper lip; “fox eyes” to create a slanted; cat-like eye shape; or “butterfly lips” to create a heart-shaped pout.
- **Thigh gaps:** The thigh gap trend involves having a visible space between the upper thighs, which has been promoted by social media influencers and models. However, this can be an unrealistic and unhealthy goal for many people.
- **Extreme weight loss:** Social media has also popularized extreme weight loss trends, such as the “thinspo” (short word for thin-spiration) movement and the use of appetite suppressants and other diet pills. These trends can be dangerous and lead to eating disorders and other health problems.
- **Face filters:** The use of face filters on social media platforms has created a new standard of beauty that is often unattainable in real life. This can lead to a distorted sense of self-image and unrealistic beauty standards.
- **Extreme hair colors:** The trend of extreme hair colors, such as neon and pastel shades has become increasingly popular on social media. However, these trends can be damaging to hair and lead to a high amount of maintenance and upkeep.
- **Extreme nail art:** Nail art has become increasingly intricate and extreme in recent years, with many people opting for long, pointy or embellished nails that can be difficult to maintain and can cause damage to the natural nail.
- **Big lips:** The trend for bigger lips has been popularized by celebrities and influencers, with many people opting for lip fillers to create a plump, pouty look. However, this trend can also lead to over-injection and unnatural looking lips.

ACTIVITY IDEAS: GRAPHIC CONTENT

Materials:

Dress up items, such as clothing, accessories and makeup.
Smartphones or cameras for taking photos.
Paper and markers for creating a social media profile.

Instructions:**Introduction.**

Explain the objectives of the activity and the materials that will be used.
Discuss the impact of social media on beauty standards and how it can affect our perception of ourselves and others.

Dress up (30 minutes)

Allow participants to choose from a variety of dress up items and create their own unique look that celebrates individuality and diversity. Encourage participants to be creative and explore different styles and aesthetics.

Obsession (15 minutes)

Ask several participants to act as obsessive clients of the promoted beauty standard. Instruct them to suddenly start following the new beauty standard and making little catches like wearing the same color or using the same accessories.

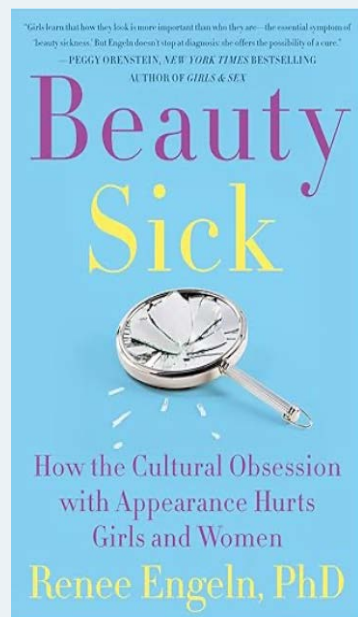
Encourage the rest of the group to notice these catches and discuss how the pressure to conform to beauty standards can affect our choices and behavior.

Discussion (20 minutes)

Facilitate a group discussion with the following questions:

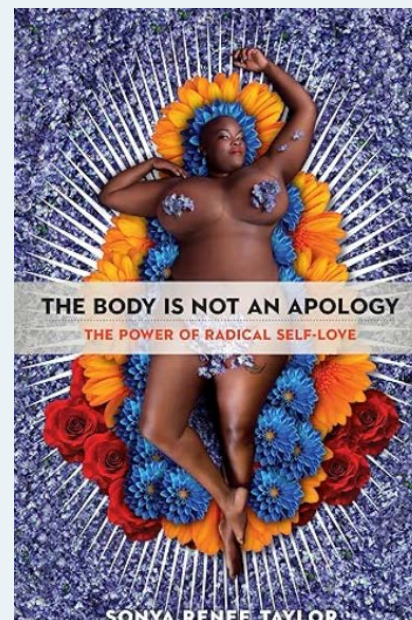
- *How did it feel to create and promote a new beauty standard?*
- *How did it feel to receive obsessive feedback to your idea?*
- *How did it feel to notice others trying to conform to your promoted beauty standard?*
- *What are some negative effects of unrealistic beauty standards and how can we resist their influence?*
- *If someone offered you a large sum of money to promote an unhealthy beauty standard, what would you do?*
- *What are some ways we can promote positive body image and celebrate diversity in our daily lives?*

RECOMMENDED BOOKS



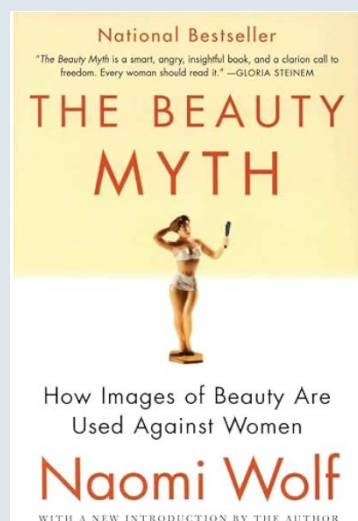
“Beauty Sick: How the Cultural Obsession with Appearance Hurts Girls and Women” by Renee Engeln.

In this book, Renee Engeln explores the harmful effects of societal beauty standards on girls and women. She argues that our culture’s narrow definition of beauty can have serious consequences, including negative body image, eating disorders and a focus on appearance over other important aspects of life.



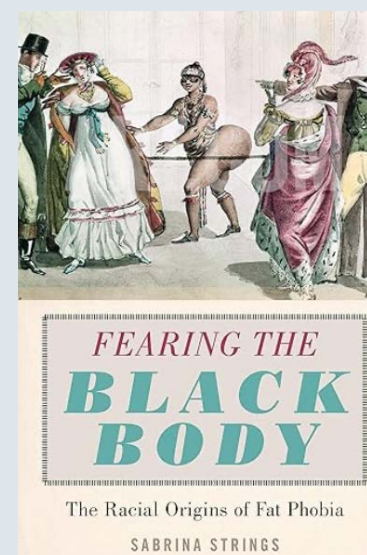
“The Body Is Not an Apology: The Power of Radical Self-Love” by Sonya Renee Taylor.

Sonya Renee Taylor challenges societal beauty standards by advocating for radical self-love and body positivity. She argues that our bodies are not objects to be judged and compared but rather sources of power and liberation.



“The Beauty Myth: How Images of Beauty Are Used Against Women” by Naomi Wolf.

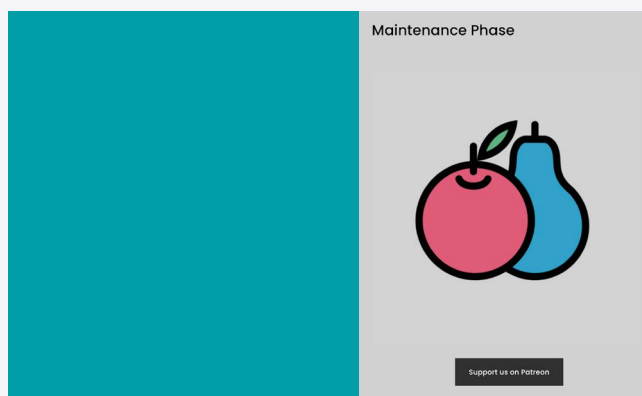
Naomi Wolf examines the societal pressure on women to conform to beauty standards, arguing that this pressure is used as a form of control. She explores how the beauty industry perpetuates these standards and how they are linked to gender inequality and other forms of oppression.



“Fearing the Black Body: The Racial Origins of Fat Phobia” by Sabrina Strings.

Sabrina Strings examines the intersection of race and body size, arguing that anti-fat attitudes have deep roots in racial oppression. She explores the ways in which beauty standards have been used to uphold white supremacy and argues for a more inclusive and accepting approach to body diversity.

RECOMMENDED PODCASTS

**“Maintenance Phase”**

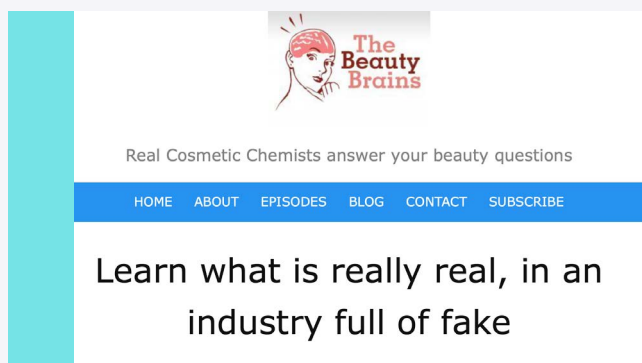
Hosted by Aubrey Gordon and Michael Hobbes, “Maintenance Phase” examines various aspects of the diet and wellness industry, including the unrealistic beauty standards that are often promoted. They discuss the ways in which the industry perpetuates harmful ideas about body image and offer insights into how to live a healthy and fulfilling life.

<https://maintenancephase.com/>

**“Breaking Beauty”**

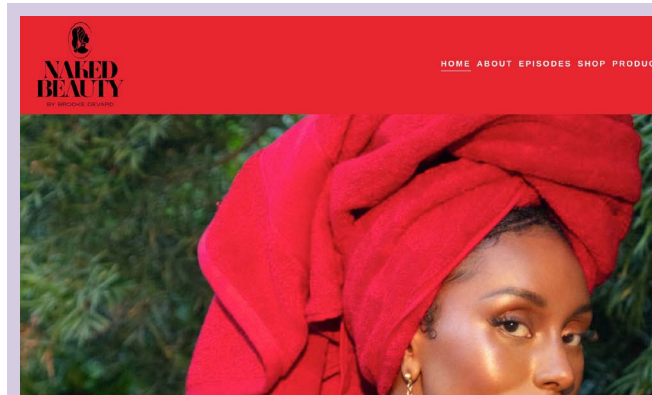
Hosted by Jill Dunn and Carlene Higgins, “Breaking Beauty” explores the beauty industry and the various trends and products that shape our perceptions of beauty. They interview experts and insiders to get behind-the-scenes insights and offer tips and advice for navigating the industry.

<https://breakingbeautypodcast.com/>

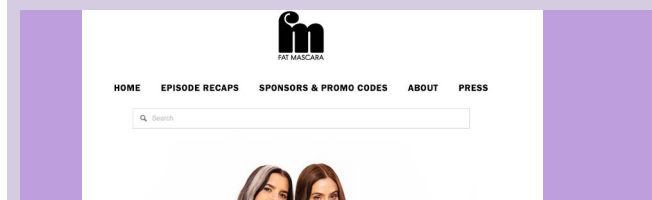
**“The Beauty Brains”**

Hosted by Randy Schueller and Perry Romanowski, “The Beauty Brains” explores the science behind beauty products and trends. They debunk myths and provide evidence-based insights into what works and what doesn’t, helping listeners make informed decisions about their beauty routines.

<https://thebeautybrains.com/>

**“Naked Beauty”**

Hosted by Brooke DeVard Ozaydinli, “Naked Beauty” explores the intersection of beauty, wellness and culture. Ozaydinli interviews experts and influencers to get their insights on how to feel beautiful from the inside out, while also examining the societal pressures that shape our ideas of beauty.

**“Fat Mascara”**

Hosted by Jessica Matlin and Jennifer Goldstein, “Fat Mascara” explores the beauty industry and the various trends and products that shape our perceptions of beauty. They interview experts and insiders to get behind-the-scenes insights and offer tips and advice for navigating the industry.

<https://fatmascara.com/>

CHAPTER 7: THE FOUNDATIONS THAT CAUSE MORE AGGRESSIVE BEHAVIOURS

HATE SPEECH ANALYSIS

Thoroughly exploring hate speech, looking at who says it, how they behave, and the damage it does. The European Union's Agency for Fundamental Rights found that hate speech is sadly increasing, especially online. They checked 1,500 social media posts and found most were outright harassment, often aimed at women and people who are African, Roma, or Jewish. This shows a worrying trend in how people use words to harm others based on their identity.

REFERENCE:

European Union's Agency for Fundamental Rights. (2023). [Report Title]. [Publication Information]. Patchin, J. W., & Hinduja, S. (2010). Cyberbullying and Self-Esteem. *Journal of School Health*, 80(12), 614-621.

UNDERSTANDING HATE SPEECH

Hate speech is a serious issue in our online world, acting like a shadow spreading across our digital interactions, causing conflicts and pain wherever it goes. It takes many forms, attacking people's very identity – their race, religion, gender, or whom they love – through words, whether they're spoken, written, or even symbolized. This kind of speech goes against everything we stand for in terms of equality and respect.

The people behind hate speech are often hidden behind their screens, using the anonymity of the internet to spread these harmful messages. Hate

speech isn't just one thing; it has many faces. It includes insulting language, promoting hurtful stereotypes, stripping away people's humanity, threatening violence, and inciting others to harm those who are different.

For example, during the Covid-19 pandemic, we saw a surge in hate speech. People from Asian backgrounds, migrants, and refugees were targeted with vicious words. There were also a lot of false and harmful stories about Jewish people and conspiracy theories. When Russia and Ukraine were in conflict, the internet was flooded with harmful language encouraging violence and hatred against Ukrainians, which only worsened the situation. Migrants, refugees, and LGBTI folks, particularly transgender people, often find themselves targets of this relentless hate.

These situations highlight how critical it is for us to respond strongly, both legally and as a society, to this kind of behavior. By understanding the various forms and effects of hate speech, we can better address and reduce it, making our digital spaces safer and more welcoming for everyone.

REFERENCE:

Council of Europe. (2023). *Hate speech in times of crisis*. [Study details]. [Publication information].

HATE CRIME EXPLORATION:

In our digital world, we see two main types of wrongdoing: everyday crimes and hate crimes. Now, hate crimes are a big deal. They are specifically targeted attacks based on who someone is, like their race, religion, or other parts of their identity. This section delves deeply into the world of hate crimes, aiming to show clearly how they differ from other crimes, defining what exactly counts as a hate incident, and exploring the various forms these incidents can take.

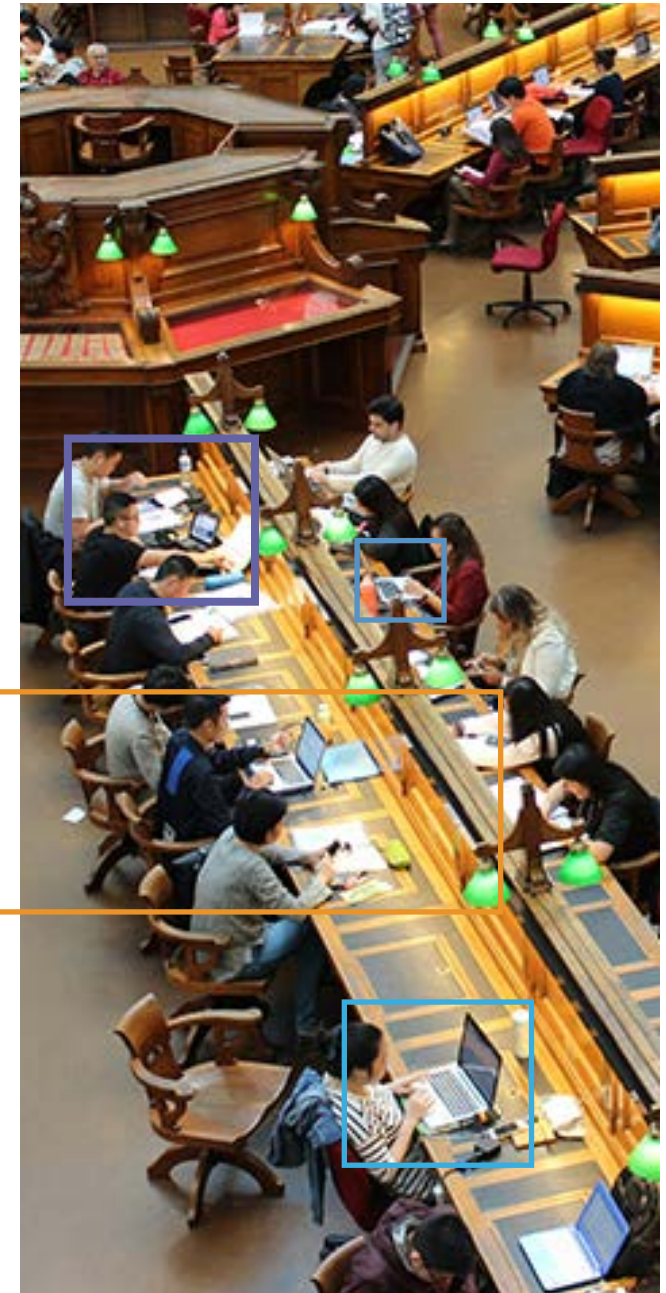
Understanding hate crimes means recognizing that they are more than just traditional crimes. Hate crimes are those acts that hurt individuals or groups, aiming at them because of their race, ethnicity, religion, gender, sexuality, or other protected aspects of their identity. This understanding helps us to see the full picture of hate crimes, the hurt they cause, and why they're so concerning.

In discussing crime versus hate crime, we're drawing a line in the sand. While all crimes are harmful acts, hate crimes include that extra element of discrimination and prejudice, making them particularly nasty. We focus on what makes hate crimes stand out, emphasizing the role of hateful intent as what defines them.

Then, there are hate incidents. These are acts that might not be strictly illegal but are still filled with hate or prejudice. They contribute to the broader landscape of hateful behavior and can escalate to more serious acts. We're going to talk about what makes an act a hate incident. As we move further, we explore the various types

of hate incidents, categorizing and understanding the wide range of behaviors they encompass. This includes everything from offensive language and harassment to property damage and physical violence. By breaking down these types, we aim for a comprehensive grasp of how hate manifests in different ways.

Lastly, to really understand hate incidents, we look at real-life case studies. These stories show the types of hate incidents we've discussed in action, providing concrete examples of how hate can spread and affect real people. These cases help to illustrate the complex and varied nature of hate-related behavior, and why understanding and combating it is so important for our society.



EXAMPLES:

Think of a person who speaks out for the rights of LGBTQ+ individuals. Now, imagine someone else doesn't like this and starts sending them mean messages, shares their private info, and makes hurtful memes about them. This not only happens online but also affects the activist in real life, showing how online hate can lead to actual fear and danger.

There can be special building where a group of people go to practice their religion. Some individuals decide to paint hurtful words and symbols on it, showing disrespect and trying to scare the people who go there. This shows that hate can damage sacred places and hurt the feelings of those who just want to practice their faith. Imagine a student at school who gets picked on by others with mean comments about their identity. This makes school a tough place to be, causing a lot of stress. It's important to understand that everyone deserves to learn in a safe and supportive environment.

Consider a person who gets stopped by the police not because of what they've done but because of their background or skin color. This is not only unfair but also shows that sometimes, the very people who should protect us can make us feel unsafe or discriminated against.

Picture someone who shares their life online, but because they're transgender, they receive a lot of negative and harmful comments. This kind of online bullying can deeply hurt someone's feelings and make them feel unwelcome or unsafe.

These stories help us see how hate can appear in different forms - online, in schools, on the streets, and even involving people in authority.



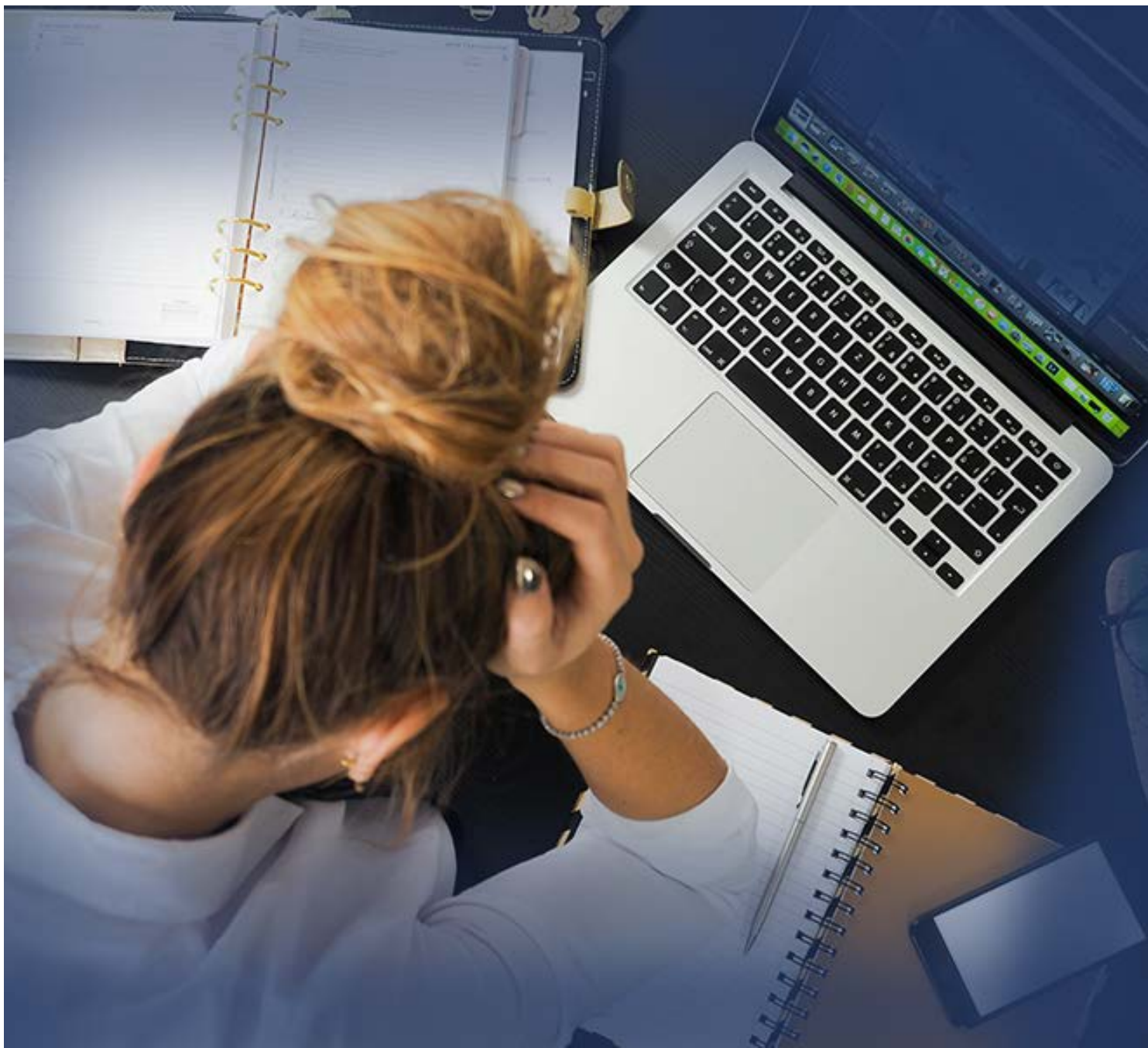
TO DO LIST FOR VICTIMS OF CYBERCRIME

Being a victim of cybercrime can be an incredibly challenging experience. The impact can be overwhelming and unpredictable, particularly in the fast-paced world of the internet, leaving you feeling powerless like never before. However, taking proactive action towards advocating for your own well-being is always possible.

First and foremost, cyberbullying is a crime and it is crucial to recognize this, both as a victim and as a perpetrator. Many online harassers are unaware of the harm they are causing and the same goes for victims. If someone gains unauthorized access to your personal pictures, for example, you may feel like you deserve it - but that should never be the case.

You have the right to stand up for yourself and make it clear that this kind of behavior won't be tolerated. Even if your data has been leaked and you are humiliated, it is important to fight for your rights. You have the right to keep your secrets, intimate information and personal quirks to yourself. No one has the right to expose you.

Remember, there is no shame in being a whistleblower of the crime. By speaking out and reporting cyberbullying, you can help prevent others from experiencing the same thing. It is important to create a culture of safety and respect online and it starts with people like you who are willing to speak up and act.



REPORTING CYBERBULLYING:

STEPS TO TAKE IMMEDIATELY

- **Don't respond** to and don't forward cyberbullying messages.
- **Keep evidence** of cyberbullying. Record the dates, times and descriptions of instances when cyberbullying has occurred. Save and print screenshots, emails and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
- **Block the person** who is cyberbullying.

REPORT CYBERBULLYING TO ONLINE SERVICE PROVIDERS

Cyberbullying often violates the terms of service established by social media sites and internet service providers.

- Review their terms and conditions or rights and responsibilities sections. These describe content that is or is not appropriate.
- Visit social media safety centers, to learn how to block users and change settings to control who can contact you.
- Report cyberbullying to the social media site, so they can take action against users abusing the terms of service.

REPORT CYBERBULLYING TO LAW ENFORCEMENT

When cyberbullying involves the following activities, it is considered a crime and should be reported to law enforcement:

- Threats of violence.
- Child pornography or sending sexually explicit messages or photos.
- Taking a photo or video of someone in a place where he or she would expect privacy.
- Stalking and hate crimes.
- Some governments consider other forms of cyberbullying criminal. Consult the laws and law enforcement for additional guidance.

REPORT CYBERBULLYING IN EDUCATIONAL CENTERS

- Cyberbullying can create a disruptive environment in an educational center and it is often related to in-person bullying. The educational center can use the information to help inform prevention and response strategies.
- Many educational centers are required to address cyberbullying in their anti-bullying policy. Some state laws also cover off-campus behavior that creates a hostile educational environment.



ACTIVITY IDEAS: SELF CARE PLAN

1

Create a self-care plan: Have each participant create a personalized self-care plan. Encourage them to be creative and think about activities that bring them joy and help them feel grounded and centered. Let participants share their ideas.

2

Boundary setting workshop: Lead a workshop on setting boundaries with online activity. Ask group participants to schedule a common time for a social media detox and, if necessary, communicate with each other through alternative platforms, during this time. By sharing the information and experiences gained from their time on social media, they can reflect on the value of this content and its impact on their wellbeing.

3

Online self-care scavenger hunt: Create together a list of self-care activities that can be done online, such as meditation apps, virtual yoga classes or online art therapy. Have participants search for and try out different self-care activities, to find what works best for them. Let participants share their experiences after.

4

Kindness challenge: Encourage participants to spread kindness and positivity online, by leaving uplifting comments on social media posts, sending virtual hugs to friends and family or volunteering for a virtual service project.

STRATEGIES TO SET BOUNDARIES AND MANAGE SCREEN TIME:

It is important to set boundaries and manage screen time, in order to protect our mental health and wellbeing in the digital age. Here are some strategies for setting boundaries and managing screen time:

- **Create a schedule:** Set aside specific times for using technology and stick to it. This can help you avoid the temptation to mindlessly scroll or spend too much time online.
- **Set limits:** Use the built-in tools on your devices to set limits on your screen time. You can also use apps or software to block distracting websites or set limits on your internet usage.
- **Take breaks:** It is important to take breaks from technology and give your eyes and brain a rest. Consider taking a walk, reading a book or engaging in a non-digital activity during your breaks.
- **Create a tech-free zone:** Designate a specific place, such as your bedroom or living room, as a tech-free zone. This can help you disconnect from technology and create a sense of balance in your life.
- **Seek support:** If you are struggling to manage your screen time or set boundaries, consider seeking support from a trusted friend, a family member or a mental health professional.

By following these strategies, you can set boundaries and manage your screen time, in a way that promotes your mental health and wellbeing. Remember, it is important to find a balance and not let technology consume all of your time and attention.

RESOURCES TO SET BOUNDARIES AND MANAGE SCREEN TIME:

Freedom: This app allows you to block distracting websites and apps, set limits on your internet usage and create a schedule for your screen time.

Forest: This app helps you stay focused, by planting a virtual tree that dies if you leave the app.

Stay Focused: This Chrome extension blocks distracting websites and allows you to set limits on your internet usage.

Cold Turkey: This app allows you to block specific websites or apps and create a schedule for your screen time.

RECOMMENDED WEBSITES



<https://www.betterhelp.com/>

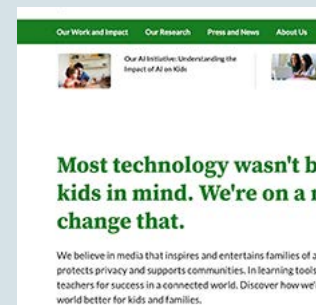
BetterHelp is an online therapy platform that offers advice and support for a range of mental health issues, including managing screen time and setting boundaries. Their YouTube channel features videos on these topics and more.



<https://virtual-addiction.com>

The website features Dr. David Greenfield, founder of The Center for Internet and Technology Addiction and Assistant Clinical Professor of Psychiatry at the University of Connecticut School of Medicine. Dr. Greenfield is a leading voice on internet and technology addiction.

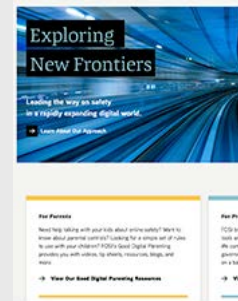
The site provides information on his research and clinical work, as well as his licensure and certifications. Media and press inquiries are welcome, with contact information provided. Visitors can learn more about Dr. Greenfield's approach to addiction treatment, through the website's press room.



<https://www.commonsense.org>

The website described is **Common Sense Media**, an organization dedicated to making media and technology safer, healthier and more equitable for minors and families. They offer a range of resources and tools to support digital literacy and citizenship, including high-quality media recommendations and internet access for all learners.

The organization believes in media that inspires and entertains families of all kinds, technology that protects privacy and supports communities, and learning tools that prepare students and teachers for success in a connected world. Their core values include media choice, digital equity, digital literacy and citizenship, tech accountability and healthy early education, which inform their work under their core brands. Common Sense Media has had a significant impact, including connecting 10 million families to high-speed internet, through the federal Affordable Connectivity Program and helping 95% of students become confident in digital citizenship after learning with their curriculum.



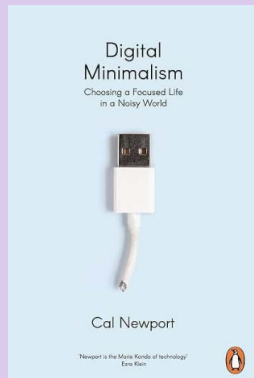
<https://www.fosi.org>

Family online safety institute.

The Family Online Safety Institute (FOSI) is a non-profit organization that focuses on making the online world a safer place for families. They work with leaders from industry, government and non-profit sectors to develop innovative solutions and policies that promote a culture of responsibility and digital citizenship.

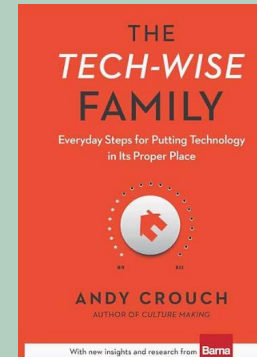
FOSI's work encompasses public policy, industry best practices and good digital education. They promote the 3 P's of Policy, Practice and Parenting, by providing resources, events and special projects to educate and inform governments, regulators, industry and media around the world, on online safety. FOSI hosts an annual international conference and exhibition to highlight the extraordinary work, products and services that exist today. Good Digital Parenting provides helpful resources like videos, tip sheets, resources, blogs and more to help families talk with their children about online safety and use parental controls effectively.

RECOMMENDED BOOKS



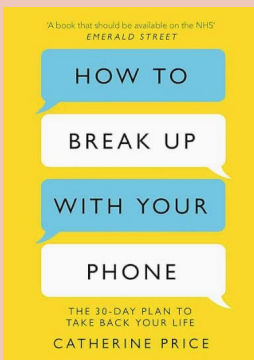
“How to Break Up with Your Phone: The 30-Day Plan to Take Back Your Life” by Catherine Price.

This book provides a 30-day plan to help readers take control of their relationship with their phone and develop healthier habits. It is well-researched and offers practical tips for reducing screen time, improving focus and reducing stress. The book emphasizes the importance of being mindful of how we use technology and encourages readers to set clear boundaries around phone use. Price provides a step-by-step plan that is easy to follow and includes daily exercises to help readers change their habits. She also provides scientific evidence to support her recommendations and helps readers understand how our relationship with technology affects our brain and overall well-being.



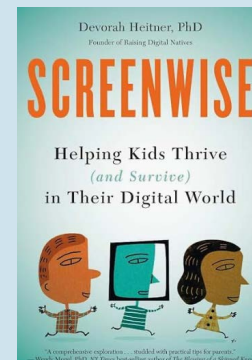
“The Tech-Wise Family: Everyday Steps for Putting Technology in Its Proper Place” by Andy Crouch.

This book offers practical advice and guidelines for managing screen time and setting healthy boundaries for technology use within the family. Crouch emphasizes the importance of intentional living and provides practical tips for reducing screen time, improving family relationships and promoting healthy habits. The book also includes a family technology plan that readers can use to develop their own guidelines for technology use. Crouch’s approach is grounded in Christian values, but the book is accessible to readers of all faiths and backgrounds.



“Digital Minimalism: Choosing a Focused Life in a Noisy World” by Cal Newport.

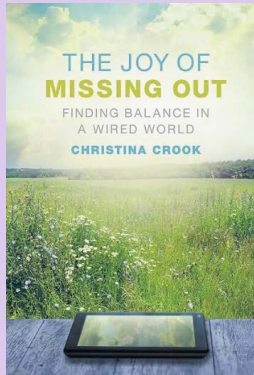
This book advocates for a minimalist approach to technology use and provides practical strategies for reducing screen time and improving focus and productivity. Newport argues that we need to be intentional about how we use technology and suggests that we adopt a philosophy of “digital minimalism” to live a more meaningful and fulfilling life. He provides a framework for evaluating our technology use and provides practical tips for reducing screen time and distractions. The book also includes real-life examples of individuals who have successfully implemented digital minimalism and provides a roadmap for readers to follow.



“Screenwise: Helping Kids Thrive (and Survive) in Their Digital World” by Devorah Heitner.

This book provides guidance and strategies for families to help their children navigate the digital world and develop healthy habits around technology use. Heitner emphasizes the importance of balance and encourages families to focus on promoting positive values and skills, such as empathy, communication and critical thinking. The book includes practical advice for managing screen time, dealing with cyberbullying and promoting digital citizenship. Heitner’s approach is grounded in research and is based on her extensive experience working with minors and families.

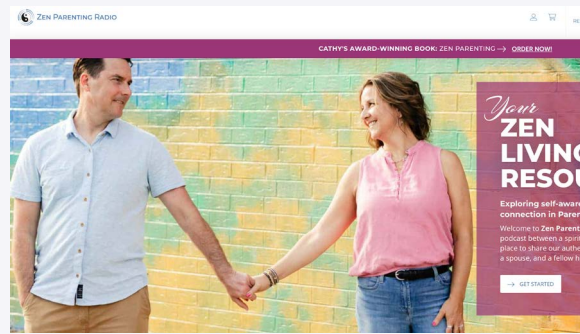
RECOMMENDED BOOKS



“The Joy of Missing Out: Finding Balance in a Wired World” by Christina Crook.

This book offers a counter-cultural perspective on technology use and encourages readers to find joy and fulfillment in disconnecting from technology and focusing on real-world experiences. Crook argues that we need to be intentional about our use of technology and provides practical tips for reducing screen time and fostering meaningful connections with others. She also shares stories of individuals who have successfully unplugged from technology and found happiness in the process. The book is well-researched and provides a thoughtful reflection on the role of technology in our lives.

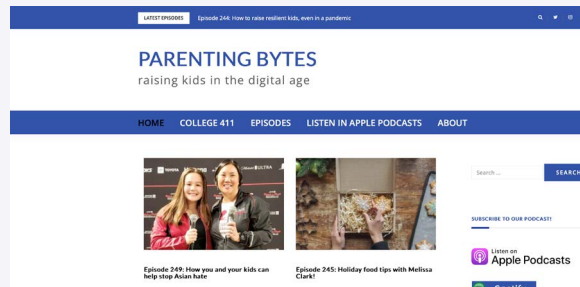
RECOMMENDED PODCASTS



“Zen Parenting Radio”

<https://zenparentingradio.com/>

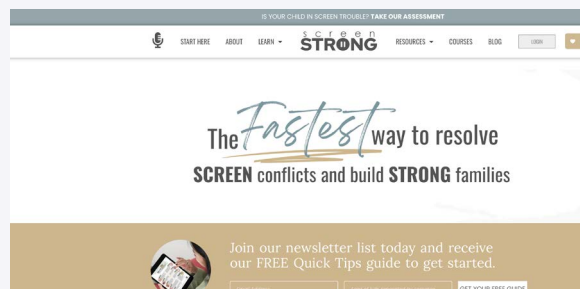
This podcast is hosted by a couple who explore various topics related to education and relationships, including managing screen time and setting boundaries. The hosts offer practical advice and tools for families to create a more mindful and intentional approach to technology use in their families.



“Parenting Bytes”

<https://parentingbytes.com/>

This podcast covers a range of topics related to education in the digital age, including screen time management and setting boundaries. The hosts discuss the latest trends and technologies, offer tips for navigating the online world and interview experts in the field.



“ScreenStrong Families”

<https://www.screenstrong.com/podcast/>

This podcast is focused specifically on helping families navigate the challenges of screen time and technology use. The host interviews experts and shares tips and strategies for setting boundaries, creating healthy habits and finding balance in the digital age.



“Mindful Mama”

<https://www.mindfulmamamentor.com/podcast/>

This podcast is focused on mindful parenting, with episodes covering topics like screen time management and setting boundaries. The host offers practical tips and advice for creating a more mindful approach to technology use in families, as well as insights and interviews with experts in the field.



SELF-CARE AND PERSONAL GROWTH

The internet can also be a useful tool for practicing self-care in your daily life. There are countless apps and websites that can help you manage your mental health and wellbeing, from meditation and mindfulness apps, to online therapy and peer support platforms. By incorporating these resources into your routine, you can better manage stress and build healthy habits that support your mental health and wellbeing.

Finally, the internet can be a great way to connect with others and build a sense of community. Whether you are looking for support from like-minded individuals or simply want to make new friends, the internet can be a great way to find and build relationships that nourish your mental health and wellbeing.

By using the internet as a tool for self-care and personal growth, you can better navigate the challenges and opportunities of the digital world and build a healthy and fulfilling life online.

TIPS TO FIND HEALTHY SOURCES OF INSPIRATION AND MOTIVATION ONLINE

One way to find healthy sources of inspiration and motivation online is to identify your interests and goals. Whether you're looking to improve your physical health, develop new skills or pursue a creative passion, the internet can be a great place to find resources and support. Look for blogs, podcasts and social media accounts that align with your interests and goals and follow or subscribe to those that inspire you.

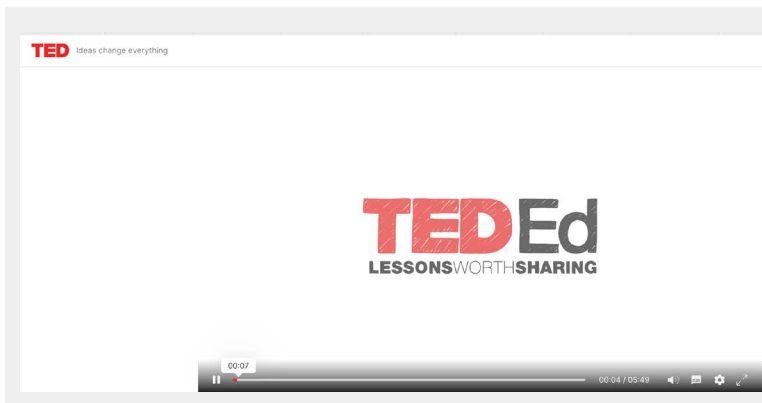
Another way to find healthy sources of inspiration and motivation online is to seek out communities of like-minded individuals. From forums and discussion groups to online meetups and events, you can find a range of online communities that can provide support and encouragement, as you work towards your goals.

By connecting with others who share your interests and values, you can find new sources of inspiration and motivation and build meaningful relationships that support your personal growth. Finally, it is important to be mindful of the content you consume online. While it can be helpful to seek out positive and inspiring content, it is also important to balance this with a healthy dose of realism and perspective. Avoid sources of information that are overly sensational or misleading and be sure to fact-check before you share or act on any information you find online.

By finding healthy sources of inspiration and motivation online, you can stay motivated and inspired as you work towards your goals and pursue your passions.



RECOMMENDATIONS



TED Talks

<https://www.ted.com/talks>

TED Talks are a popular source for inspiring and thought-provoking presentations on a wide range of topics, including technology, science, culture and personal development. With speakers from around the world, TED Talks offer fresh perspectives and insights that challenge our thinking and inspire us to take action.

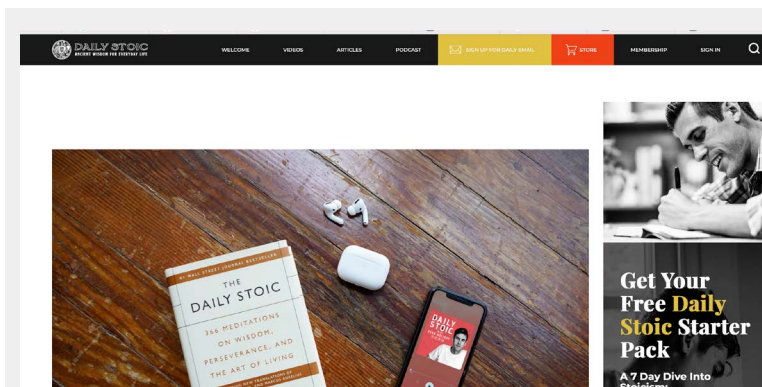


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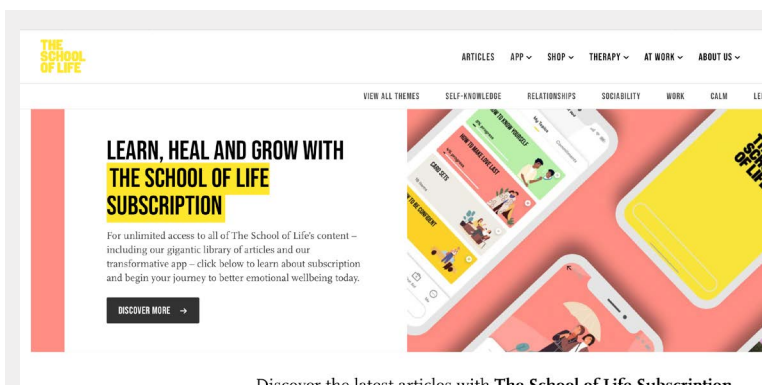
Audible is a leading provider of audiobooks, offering a vast selection of titles in various genres, including fiction, non-fiction and personal development. With a subscription to Audible, users can access audiobooks on their smartphones, tablets or other devices, making it a convenient way to learn and grow while on the go. Audible also offers original content, podcasts and guided meditations to help users improve their well-being and personal growth.



The Daily Stoic

<https://dailystoic.com/>

The Daily Stoic is a website and book series that provides daily inspiration and wisdom from the ancient philosophy of Stoicism. Each day, readers receive a new Stoic teaching, along with practical exercises and reflections to help apply the wisdom to their daily lives. The Daily Stoic is a valuable resource for anyone looking to cultivate resilience, inner peace and wisdom.



The School of Life

<https://www.theschooloflife.com/>

The School of Life is a global organization that offers personal development resources, including books, courses, workshops and online content. Their mission is to help individuals develop emotional intelligence, build resilience and cultivate meaningful connections with others. With a focus on philosophy, psychology and the arts, The School of Life provides a unique approach to personal growth and development.

Influencer marketing: Social media influencers are often hired to promote beauty products or services, which can create a sense of pressure to conform to a particular beauty standard in order to achieve the same level of success or desirability.

Advertising algorithms: Social media platforms use algorithms to track user data and target advertising to specific demographics. This can result in young people being bombarded with beauty-related ads, which can create a sense of inadequacy or pressure to conform to beauty standards.

Eating disorders

Eating disorders are serious mental health conditions that can be triggered or exacerbated by cultural ideals around beauty and body shape.

Social media can contribute to eating disorders, by promoting unrealistic beauty standards and by providing a platform for the sharing of harmful content related to dieting and weight loss.

Social comparison: Social media can foster a culture of comparison and competition, which can lead to feelings of inauthenticity, low self-esteem, body dissatisfaction and eating disorders.

Hashtag trends: Popular hashtags related to weight loss or fitness can create pressure to conform to a particular body type or shape, which can contribute to the development of eating disorders.

Low self-esteem

Social media can have a negative impact on self-esteem, particularly among young people who are still developing their sense of identity and self-worth.

Social media can contribute to low self-esteem, by presenting unrealistic beauty standards and

by promoting a culture of comparison and perfectionism.

Airbrushed images: Social media platforms often feature airbrushed or edited images, which can create unrealistic beauty standards and contribute to feelings of inadequacy.



CHAPTER 8: CONFRONTING DIGITAL WOUNDS

How do we handle harmful speech online without stepping on people's freedom to express themselves? There is a fine line between stopping hate speech and making sure everyone can speak freely, especially looking at what the European Union is doing about it.

Different countries have their own ways of managing what people can say online. Some are strict, and others work more with social media companies to keep an eye on things. The EU has come up with something called the Digital Services Act, aiming to make sure these companies are doing their part without squashing our freedom to chat and share.

In Europe, people have the right to ask for their personal information to be deleted from the internet. This “right to be forgotten” is great for privacy, but it also makes us wonder how it affects our overall freedom to talk and share online.

This Act is like the EU's rulebook for online platforms, trying to tidy up the messy parts of the internet. It's about making sure there's freedom to talk but also keeping things safe and respectful.

While it's important to stop hate speech, there's a worry that too many rules could accidentally block the good stuff too, like important discussions and arguments against hate. It's a tricky balance!

Globally, there's a bit of concern. The United Nations is keeping an eye on how countries con-

trol online speech, worried that some might be going too far and hurting people's rights, especially when they rush to make new laws.

The EU is in a position to set an example for the whole world on how to handle online speech thoughtfully and respectfully, considering both the need to stop hate and the importance of letting people speak freely.

Figuring out how to handle speech online is complex. It's about understanding how stopping hate speech and protecting freedom of expression need to work together. The EU's efforts provide an interesting example of trying to find that middle ground where everyone's rights are respected.



REFERENCES:

- Stanford Law School's analysis on regulating freedom of speech on social media.
- The European Parliament's discussion on social media and democracy, emphasizing the need for laws over platform guidelines.
- The Office of the United Nations High Commissioner for Human Rights' perspective on moderating online content and its impact on freedom of expression.
- The European External Action Service's (EEAS) approach to global challenges, including digital diplomacy and freedom of expression.
- The Institute of International and European Affairs' examination of the European Digital Services Act and Ireland's Hate Crimes Bill.

MULTIDIMENSIONAL STRATEGIES

Technology and Human Insight: Combating online hate involves using advanced algorithms to detect harmful content quickly, alongside human moderators who understand the context and nuances. In Europe, many platforms are combining these methods to effectively manage and reduce hate speech.

Community and Civil Society Participation: In Europe, campaigns like "Get The Trolls Out" involve civil society in monitoring media and responding to hate speech. These initiatives reflect the continent's commitment to maintaining a respectful and inclusive digital space.

PUSH FOR POLICY AND STRUCTURAL CHANGES

Learning from Different Approaches: Countries across Europe have adopted various strategies to combat online hate. Germany, for example, has implemented strict laws requiring the prompt removal of hate speech, while Nordic countries emphasize education and cooperation between the community and government.

EU's Legislative Framework: The EU Code of Conduct and the Digital Services Act represent the European commitment to reducing online hate. These regulations aim to make the digital environment safer by ensuring quick removal of illegal content and transparent moderation practices.

EMOTIONAL MANAGEMENT IN CONFRONTING DIGITAL HATE

Recognizing Emotional Effects: Understanding and addressing the emotional impact of online hate is vital. European initiatives are increasingly focusing on supporting victims and promoting mental health in response to the negative effects of online hate.

Tools for Emotional Resilience: Equipping individuals with skills and resources to handle the emotional aspects of online hate is a focus in Europe. This includes promoting media literacy and critical thinking, as well as providing support for emotional well-being.

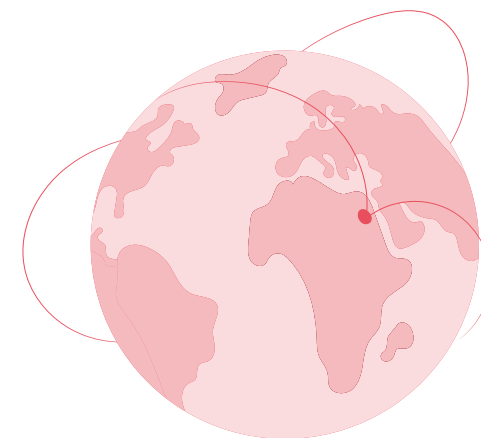
PROMOTING POSITIVE ENGAGEMENT

Supporting Constructive Conversations: Efforts are made to nurture positive and respectful dialogue online. European platforms and forums encourage users to engage in meaningful ex-

changes and understand different viewpoints. **Building Empathy and Respect:** European campaigns aim to cultivate empathy and respect among internet users, encouraging thoughtful and considerate online interactions. Educational programs focus on the importance of diversity and respectful communication.

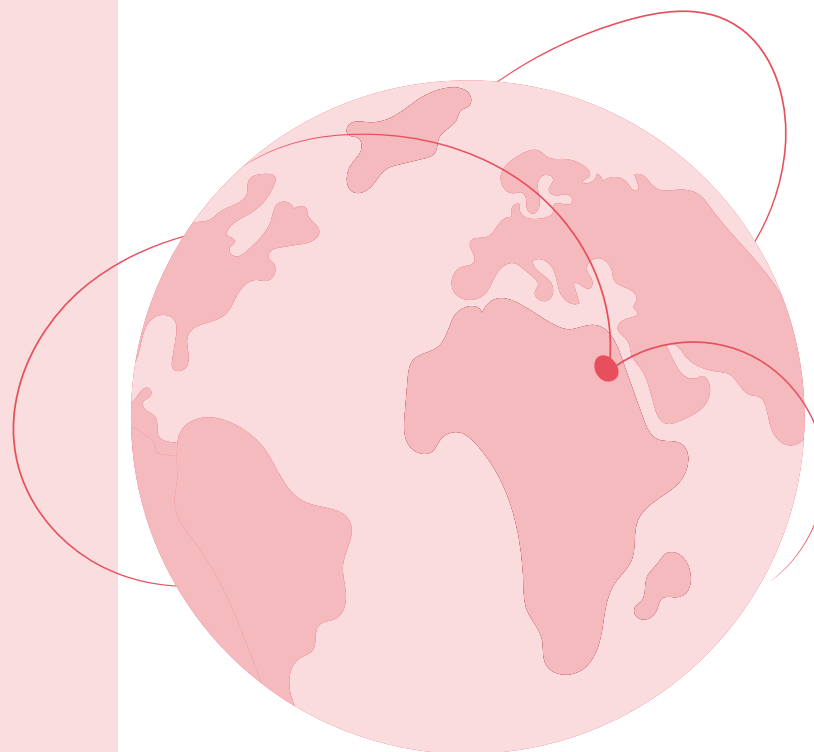
CONCLUSION

Addressing online hate is a complex challenge that requires diverse strategies and the commitment of individuals, communities, and governments. Europe's approach, with its emphasis on technology, policy, community engagement, and education, offers valuable lessons in creating a safer and more inclusive digital space. The ongoing collaboration and innovation in this area are essential for continuing to protect and enhance the dignity and well-being of individuals online.



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THE FUTURE OF CYBER THREATS

EMERGING TECHNOLOGIES AND TRENDS IN THE CYBER WORLD:

1 REMOTE WORKING CYBERSECURITY RISKS

The Covid-19 pandemic has affected the lives of people all around the world. Many have had to start studying and working from home, due to educational centers and university closures. While remote work can be convenient, it also poses new cybersecurity risks that you need to be aware of.

Home networks are often less secure than educational centers or university networks, which may have better firewalls and security measures in place. When using personal devices for education or work, you could be putting sensitive information at risk.

Instant messaging apps such as WhatsApp or Snapchat are commonly used to stay in touch with friends and classmates. However, these apps can also be vulnerable to cyber attacks, such as phishing scams and malware.

It is important to be aware of these risks and take steps to protect themselves online. Strong passwords, two-factor authentication and keeping devices and software up to date are all important measures. If you receive any suspicious messages or emails, don't click on any links or download any attachments. Instead, report it to the IT department, at your educational center or university.

Remember, cyber security is everyone's responsibility, so it is important to take the necessary precautions to keep yourself and your personal information safe online.

2 THE INTERNET OF THINGS (IOT) EVOLVING

The rapid growth of the Internet of Things (IoT) is presenting new opportunities for cybercriminals and it is important to understand the risks involved. IoT encompasses physical devices, beyond traditional gadgets, such as computers and phones, that can connect to the internet and share data.

Smartwatches, smart fridges and voice assistants, like Amazon Echo and Google Home, are all IoT devices that are becoming more prevalent, due to remote work.

With more IoT devices, the cyber-attack surface has expanded, giving cybercriminals more potential entry points to exploit. IoT devices are typically less equipped with processing and storage capabilities compared to traditional devices, making it difficult to employ firewalls and antivirus software to protect them. As a result, IoT attacks are one of the most pressing cyber security trends to be aware of.

It is crucial to understand the security risks and take appropriate measures to safeguard themselves. To learn more about IoT security threats, read on for further information.

THE FUTURE OF CYBER THREATS

EMERGING TECHNOLOGIES AND TRENDS IN THE CYBER WORLD:

3

THE RISE OF RANSOMWARE

Ransomware is a growing cybersecurity threat. While it has been around for about two decades, it has become increasingly prevalent, due to the rise of remote work and accelerated digitization of many organizations, which created new targets for ransomware. The Covid-19 pandemic only made the situation worse.

Extortion attacks involve stealing a company's data and encrypting it, so that it cannot be accessed, followed by cybercriminals blackmailing the organization and demanding a ransom. The burden of this cyberthreat is significant given the sensitive data at stake, as well as the economic impact of paying the ransom.

Ransomware attackers use sophisticated phishing exploits and machine learning to coordinate their efforts and hide malicious code. They often demand payment in cryptocurrencies, which are difficult to trace, making it easier for them to get away with their crimes.

The consequences of ransomware attacks can be severe, as evidenced by the first reported death relating to a cyber-attack, where a hospital in Germany was locked out of its systems, leaving it unable to treat patients. A woman in need of urgent care was taken to a neighboring hospital 20 miles away, but did not survive.

It is important to take measures to protect ourselves against ransomware attacks, such as keeping their software up to date, using strong passwords and being cautious of suspicious emails or messages.

4

INCREASE IN CLOUD SERVICES AND CLOUD SECURITY THREATS

Cloud security is a pressing issue in the world of cybersecurity that affects not only organizations but also individuals. With the Covid-19 pandemic forcing people to work remotely, the need for cloud-based services and infrastructure has skyrocketed, leading to increased security risks.

While cloud services offer several advantages, such as efficiency and cost savings, they also create new opportunities for attackers. Misconfigured cloud settings, insecure interfaces and account hijacking are just a few of the common causes of data breaches, leading to significant financial losses.

In addition to data breaches, several other challenges face organizations in terms of cloud security, such as regulatory compliance, the need for specialized IT expertise, cloud migration issues, more potential entry points for attackers and insider threats resulting from unauthorized remote access, weak passwords, unsecured networks and misuse of personal devices.

To minimize these cloud security threats, it is essential to take appropriate measures to secure your cloud environment and protect your sensitive data. For more information on cloud security and how to stay safe online, please read on.

THE FUTURE OF CYBER THREATS

EMERGING TECHNOLOGIES AND TRENDS IN THE CYBER WORLD:

5 SOCIAL ENGINEERING ATTACKS GETTING SMARTER

Social engineering attacks like phishing have been a growing cybersecurity threat, especially in the era of remote work. Attackers take advantage of the easier targets of individuals working from home and target both employees and executives with phishing attacks, as well as newer forms of attacks such as smishing and vishing.

In smishing, attackers use messaging apps to trick users into downloading malware, while vishing involves hackers posing as IT staff and tricking customer service representatives into providing access to internal tools.

SIM jacking is another tactic where fraudsters gain access to the digital contents of the target's phone. To combat these threats, organizations are increasing their protection against phishing, but criminals are developing more sophisticated techniques such as phishing kits to continue their attacks.

6 INCREASE IN CLOUD SERVICES AND CLOUD SECURITY THREATS

Data privacy has become a major concern in cyber security, with the rise of high-profile data breaches exposing millions of personal information records. As a result, stricter data laws are being implemented worldwide, with the EU's General Data Protection Regulation (GDPR) at the forefront. These regulations highlight the importance of prioritizing data privacy, as a separate discipline.

Organizations that fail to comply with these regulations and consumer expectations risk damaging fines, bad publicity and loss of consumer trust. Data privacy is critical to almost all aspects of an organization and companies are now emphasizing the recruitment of data privacy officers to ensure compliance.

Additionally, role-based access control, multi-factor authentication, encryption in transit and at rest, network segmentation and external assessments are being implemented to identify areas that require improvement.

It is crucial for everyone to recognize the importance of data privacy and take steps to protect sensitive information.

THE FUTURE OF CYBER THREATS

EMERGING TECHNOLOGIES AND TRENDS IN THE CYBER WORLD:

7 MULTI-FACTOR AUTHENTICATION IMPROVING

Multi-factor authentication is a fancy way of saying “double checking” who you are, when you’re logging into something important, like your bank account. Even though it is one of the most secure ways of proving your identity, bad guys are getting smarter and finding ways to get around it. One of these ways is by tricking you into giving away your identity through text messages or phone calls. That is why Microsoft recommends using app-based tools and security keys instead.

Text messages do have some security measures built in, but the messages themselves are not protected. This means that hackers can try to steal your identity by getting the codes from your text messages. This is especially dangerous when you are doing important things like banking online. Because of this, more and more banks and companies are switching to using special apps like Google Authenticator and Authy to keep your information safe.

8 CONTINUED RISE OF ARTIFICIAL INTELLIGENCE (AI)

The growing volume of cyber security threats is overwhelming and humans can no longer handle them alone. This has led organizations to increasingly turn to AI and machine learning, to strengthen their security infrastructure. By implementing these technologies, organizations that experienced a data breach saved an average of \$3.58 million, in 2020.

AI has been instrumental in developing automated security systems, natural language processing, face detection and automatic threat detection. The technology allows for the analysis of massive amounts of risk data, at a much faster pace, which is beneficial for both large companies with vast amounts of data and smaller companies with under-resourced security teams.

While AI offers a significant opportunity for more robust threat detection, cybercriminals are also taking advantage of this technology to automate their attacks, using techniques like data-poisoning and model-stealing. Nevertheless, security tools driven by AI and machine learning are continually evolving in sophistication and capability.

9

MOBILE CYBERSECURITY BECOMING FRONT AND CENTER

As more people work from home and use mobile devices, the risk of mobile cyber threats increases. Criminals are always looking for new ways to target individuals and organizations, so cybersecurity issues are always evolving.

Mobile threats can include spyware that spies on encrypted messaging apps, criminals exploiting security vulnerabilities in Android devices, and mobile malware that can do everything from spamming, to data theft.

Mobile cybersecurity is a complex topic that covers a range of issues, including cloud security and the Internet of Things. There is no single way to protect against mobile threats, so it is important to take multiple measures to increase overall security.

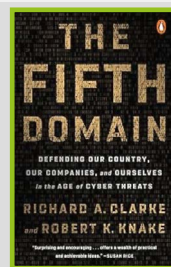
This could include using high-quality antivirus software like Kaspersky Total Security and combining mobile software security with hardware-based security solutions.

Top Ten Cybersecurity Trends. (2022, February 18). www.kaspersky.com.

RECOMMENDATIONS:



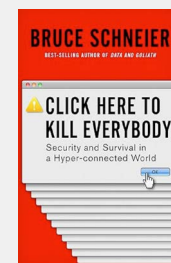
- **Book:** “The Future of Violence: Robots and Germs, Hackers and Drones - Confronting a New Age of Threat”, by Benjamin Wittes and Gabriella Blum. This book explores the evolving nature of violence in the digital age and the challenges it poses to national security, civil liberties and personal privacy. It offers insights into how new technologies, such as artificial intelligence and robotics, are changing the way we think about warfare and conflict.



- **Book:** “The Fifth Domain: Defending Our Country, Our Companies and Ourselves in the Age of Cyber Threats”, by Richard A. Clarke and Robert K. Knake. This book examines the growing threat of cyber attacks and the need for greater collaboration between government, industry and individuals, to defend against them. It offers insights into the evolving nature of cyber threats and the strategies needed to protect ourselves and our networks.



- **YouTube Channel:** Cybersecurity Ventures. Cybersecurity Ventures is a media and research company that provides insights into the evolving cyber threat landscape. The channel features expert interviews, analysis and commentary on the latest trends and technologies shaping the future of cyber threats.



- **Podcast:** “The Cybersecurity Podcast”. This podcast features discussions on the latest cybersecurity trends, threats and technologies. It provides insights into the evolving nature of cyber threats and the strategies needed to defend against them.
- **Book:** “Click Here to Kill Everybody: Security and Survival in a Hyper-connected World”, by Bruce Schneier. This book explores the challenges of securing our increasingly interconnected world, where everything, from cars, to medical devices or home appliances, is connected to the internet. It offers insights into the evolving nature of cyber threats and the strategies needed to protect ourselves and our networks.

CHAPTER 9: DIGITAL WOUNDS PREVENTION

Understanding Digital Wounds Prevention

- **Defining Prevention Strategies:** Just like a doctor prevents illnesses with vaccines, we can prevent digital wounds by stopping harmful online behavior before it starts. Prevention strategies include educating people, creating supportive communities, and using technology to detect and stop hate speech and bullying online. It's important because it helps keep the internet a safe space for everyone to share and learn.
- **Setting the Stage:** Now, imagine we're getting ready for a play about a happier internet. In this first act, we're setting up the scene to understand how we can all work together to stop online hate and promote kindness and understanding.

Key Preventive Strategies

- **Safer Internet Programme & Laws:** The Safer Internet Programme, along with various laws, are like the rules and tools we use to make the internet safer. They're all about teaching people how to be safe online, providing resources for those affected by hate speech, and creating laws that protect users and hold platforms accountable.
- **Case Studies:** Consider Finland's KAVI or the No Hate Speech Movement as successful projects in different countries. They're like stories of how people came together to fight against online hate and create a friendlier digital world.

Enhancing Narrative Flow and Structure

- **Content Algorithms:** Just like a librarian organizes books, content algorithms organize online information. By adjusting these algorithms, we can make sure that harmful content doesn't spread and that positive, helpful content is more visible.
- **Platform Accountability and User Empowerment:** Social media platforms need to take responsibility for what happens on their sites, just like a school principal takes charge of school safety. And just like students, users need to be empowered to stand up against bullying and report harmful content.

Understanding the Impact on Individuals and Communities

- **Effects of Biased Content:** Harmful content can affect people's feelings and beliefs, much like a bad rumor can hurt someone's reputation. It's important to understand these impacts so we can better prevent and respond to them.
- **Encouraging Online Awareness and Responsibility:** Everyone has a role in making the internet a better place. Just like in a community, where everyone looks out for each other, online users should be aware of the impact of their words and actions and take steps to be more responsible.

CONCLUSION:

Need for Adaptation: The internet is always changing, and so are the ways people use it to hurt others. Our strategies to prevent digital wounds need to keep evolving, just like updating a map to navigate new roads.

Personal Responsibility and Community Action: Just like members of a neighborhood watch, everyone has a part to play in preventing online hate. By working together, sharing knowledge, and supporting one another, we can create a safer, kinder digital world.

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BENEFITS AND RISKS OF NEW EMERGING TECHNOLOGIES FOR MENTAL HEALTH AND CYBER SAFETY

ARTIFICIAL INTELLIGENCE (AI)

Benefits: AI has the potential to improve health-care outcomes, by enabling more accurate and personalized diagnosis and treatment.

AI can be used to provide mental health support, such as chatbots that offer therapeutic conversations or machine learning algorithms that analyze social media posts for signs of distress.

Risks: AI systems may perpetuate or exacerbate bias, leading to unfair or discriminatory outcomes, particularly in the context of mental health diagnosis and treatment.

The use of AI in mental health support may raise concerns about privacy and security, particularly if sensitive health information is collected and analyzed by these systems.

AI's Potential to Diagnose and Treat Mental Illness

by Parie Garg and Sam Glick

October 22, 2018

**Harvard
Business
Review**



VIRTUAL REALITY (VR)

Benefits: VR can be used to provide exposure therapy for anxiety disorders and phobias, helping individuals overcome fears and phobias, in a safe and controlled environment.

VR can be used to provide social support and connection, such as through virtual support groups or online communities.

Risks: The immersive and addictive nature of VR may lead to negative outcomes such as addiction, isolation or dissociation, if not used in a balanced and responsible way.

The use of VR in mental health support may raise concerns about privacy and security, particularly, if sensitive health information is collected and analyzed by these systems.

Understanding How Virtual Reality Can Support Mindfulness Practice:

Mixed Methods Study

This study examines the potential of virtual reality (VR) to support mindfulness practice, addressing the challenges of traditional mindfulness practice, such as environmental and personal distractors. The study involved a sample of 37 participants who tested a VR mindfulness app, in a controlled laboratory setting. Results show that an appropriately designed VR app can enhance state mindfulness and induce positive affect. Participants described the user experience as relaxing, calming and peaceful, and sug-

gested that the use of VR helped them to focus on the present moment, by using visual and auditory elements of VR as attentional anchors.

The study suggests that VR has the unique capability to combine guided mindfulness practice with tailored virtual environments that can support individuals to focus attention on the present moment.



INTERNET OF THINGS (IOT)

Benefits: IoT devices can be used to provide personalized and remote health monitoring, allowing individuals to receive timely and effective care in the event of an emergency.

IoT devices can be used to improve safety and security, such as through the use of smart home security systems or connected medical alert devices.

Risks: The collection and analysis of personal data by IoT devices may raise concerns about privacy and security, particularly if this data is used for commercial or other non-medical purposes.

IoT devices may be vulnerable to cyber attacks, leading to the compromise of sensitive health information or other safety risks.

Advantages and Disadvantages of Implementing IoT in Healthcare

The Internet of Things (IoT) is increasingly being used in healthcare systems to collect and share information among multiple connected devices. IoT offers diverse applications, such as symptom tracking, connected hospital equipment, remote monitoring and real-time alerts for diagnosis and treatment.

The advantages of IoT in healthcare include remote monitoring, prevention, reduction of healthcare costs, medical data accessibility, improved treatment and healthcare management, and potential for medical research.

However, IoT also poses challenges, such as security and privacy concerns, risk of failure, lack

of standardization and high implementation costs.

It is important to weigh these advantages and disadvantages before implementing IoT systems in healthcare.



Illustration: © IoT For All

Advantages and Disadvantages of Implementing IoT in Healthcare

CHAPTER 10: GROWING OLD WITH TECHNOLOGIES

The hindrance to computer literacy among seniors stems from the idea that it is only for young folks who are trying to keep up with the times. This notion leads older adults to feel indifferent or even fearful of tech trends. In most cases, tech developers focus their advertising on young people, leaving seniors out of the picture.

However, if they want older adults to reap the benefits of computer literacy, stronger incentives and motivation are necessary.

Reports from the Pew Internet and American Project indicate that 11 percent of people aged 65 and older owned a smartphone in 2014. Over half of seniors use email and 70 percent access the Internet daily. One-third of them use social media sites like LinkedIn and Facebook, up from just 13 percent in 2009. This data shows that seniors are more tech-savvy than we previously thought.

HOW CAN TECHNOLOGIES HELP OLDER PEOPLE:

FULFILLMENT AND INDEPENDENCE

The internet offers a plethora of information, social interaction and entertainment, making it an important aspect of modern life. Research by the American Association of Retired Persons (AARP) has shown that seniors who regularly engage with the internet can experience positive impacts in many areas of their lives, including personal fulfillment, health preservation, social connections, functional capability and caregiver support.

For example, technology has transformed the workplace, with 6.7 million seniors aged 65 and older working at home in 2012. This number is expected to rise to 11.1 million by 2018, according to the United States Census Bureau. Thanks to technology, seniors can work from home and avoid the hassle of a daily commute, allowing them to continue supporting themselves financially.

MENTAL AND PHYSICAL STIMULATION

Although video and computer games are often associated with youth, research from Poland suggests that seniors can also benefit from playing them. In a study with subjects aged between 65 and 75 years, scientists found that playing video games improved attention, memory and sequencing abilities.

Technology can also provide virtual recreational programs, such as dance, yoga or aerobics, that promote physical well-being. By taking advantage of these tools, seniors can maintain and improve their cognitive and physical abilities.

CONNECTING SOCIALLY

Seniors can often feel isolated, due to a range of reasons, such as distance from family and friends or losing loved ones. However, technology can help by making it easier to connect with loved ones, via email or social media platforms. All you need is a device with a camera and an internet connection to stay connected.

Feeling connected with others can have a positive impact on mental health and reduce the risk of depression, according to research from Michigan State University. The Internet can also provide social support for aging caregivers, as it offers a range of advantages over traditional support groups, such as not having to worry about transportation or time, and having access to a wider audience of helpful members.

GOODS DELIVERED TO YOUR DOORSTEP

For seniors who may have mobility issues due to disabilities, chronic pain, Alzheimer's disease or dementia, technology offers a solution to

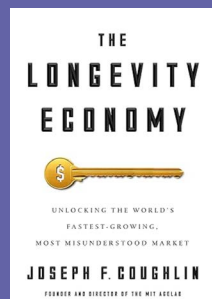
make their lives easier. With a computer and an Internet connection, seniors can shop for groceries and all their needs online, with just a few clicks. This not only provides convenience, but also helps save money, by finding the best deals online.

Most companies will also deliver the goods straight to their doorstep, removing the need to go outside and visit a physical store. This ease of access to online shopping can be a huge help for seniors, who may find it difficult to leave their homes.

APPLICATIONS THAT IMPROVE YOUR DAILY LIFE

There are several mobile applications that can be useful for seniors, helping them to monitor their diet, track the number of calories burned during exercise and reminding them to perform daily activities, such as taking medication or walking the dog.

These apps can be easily downloaded and accessed on smartphones, making it simple for seniors to incorporate technology into their daily routine. With features like reminders and tracking, these apps can be helpful tools for promoting healthy habits and encouraging an active lifestyle.



RECOMMENDATIONS:

- **“The Longevity Economy: Unlocking the World’s Fastest-Growing, Most Misunderstood Market”**, by Joseph F. Coughlin, explores the significant economic and social opportunities presented by the aging population. Coughlin argues that the current approach to aging is outdated and that companies need to start viewing aging as a market rather than a problem. The book offers insights and practical guidance for businesses, entrepreneurs and policymakers, who want to tap into the longevity economy.
- **“The Future of Aging”**, by The Gerontological Society of America is a podcast that covers various aspects of aging, including social, cultural and economic factors. The podcast features interviews with leading experts in the field of aging, who share their insights and ideas for how to improve the lives of older adults. The topics covered include healthcare, technology, caregiving and policy.
- **“The Tech-Savvy Seniors’ Guide to the Internet”**, by Riitta-Liisa Valijarvi, is a practical guide that helps older adults navigate the world of technology and the internet. The book covers topics such as using search engines, email, social media and online shopping. It also provides tips on how to stay safe online and how to avoid scams and fraud.
- **“Aging in Place”**, by Senior Care Corner, is a podcast that provides information and advice for older adults who want to age in place, meaning they want to stay in their homes and communities as they age. The podcast covers topics such as home modifications, safety and health care options. It also addresses the challenges faced by caregivers, and provides tips for how to support older adults in their goal of aging in place.
- **“Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age”**, by Jo Ann Jenkins, challenges the negative stereotypes associated with aging and encourages readers to embrace a new mindset that focuses on living well and contributing to society at every age. The book provides practical advice and inspiring stories of individuals who have disrupted the traditional notions of aging and redefined what it means to grow old. It encourages readers to view aging as an opportunity, rather than a limitation.

CHAPTER 11: PRINCIPLES FOR THE 21ST CENTURY LEARNING BY THEODORE SIZER'S

21st century skills are a set of knowledge, life skills, career skills, habits and traits that are deemed crucial for success in today's world. As society moves further into the digital age, cyber education and mental health have become increasingly important components of these skills. Educational centers and organizations prioritize different 21st century skills, based on their unique needs and goals. Nonetheless, most educators agree that integrating these skills into learning experiences and instruction is vital.

21ST CENTURY SKILLS:

Commonly cited 21st century skills include:

- Critical thinking
- Communication skills
- Creativity
- Problem solving
- Perseverance
- Collaboration
- Information literacy
- Technology skills and digital literacy
- Media literacy
- Global awareness
- Self-direction
- Social skills
- Literacy skills
- Civic literacy
- Social responsibility
- Innovation skills
- Thinking skills

The digital age has brought with it a new set of challenges that demand a new set of skills. No longer is high school graduation the highest bar of achievement; today's students must aim for college, career and real-world success. It is critical to understand why 21st century skills matter in this new age of constant change and information overload.

Leaders in higher education and business agree that soft skills are paramount to success, in both the classroom and the workplace. In today's world, our educational centers must prepare students for jobs that may not exist yet. The term "career readiness" means imparting a nuanced set of skills that can prepare students for whatever unknown challenges they may face.

Furthermore, social media has drastically altered the landscape of human interaction, creating novel hurdles to navigate in social situations. The internet age has also opened up an unprecedented world of knowledge, where students must learn how to process and analyze vast amounts of information.

The world is changing, at a rapid pace, and so too must our educational systems. The acquisition of key academic subject knowledge is no longer enough to guarantee success in work and life. Instead, we must focus on developing 21st century skills that will enable our students to adapt and thrive in the face of uncertainty. Let's explore some frameworks for 21st century skills that have gained popularity in recent years.

First up is the Framework for 21st Century Learning, designed by the Partnership for 21st Century Skills (P21). This comprehensive framework identifies the skills, knowledge and expertise that students need to master to succeed in the modern world.

The framework emphasizes the importance of building a strong base of academic subject knowledge and then layering on additional skills including Learning Skills, Life Skills and Literacy Skills. The "four Cs" of 21st century learning (critical thinking, communication, collaboration and creativity) are among the key learning skills emphasized by P21.

The World Health Organization (WHO) also recognizes the importance of 21st century skills. The WHO identifies fundamental life skills that include decision-making and problem solving, creative and critical thinking, communication and interpersonal skills, self-awareness and empathy, and coping with emotions and stress. The WHO emphasizes the development of broad psycho-social skills that can be improved over time with conscious effort.

While content knowledge from core subjects is necessary, it is insufficient. Students must learn how to apply facts and ideas towards complex problems, developing the critical thinking and problem-solving skills needed to face the challenges of the 21st century.

To truly understand the importance of 21st century skills, we must also look at how educational centers are putting them into practice. Various frameworks have emerged that prioritize different skills, and educators must strive to weave them into learning experiences and common core instruction. Only by doing so, can we fully prepare students for the unknown challenges of the digital age.

RECOMMENDATIONS OF MOVIES AND DOCUMENTARIES

“Horace’s Compromise” (1984)

This documentary, based onSizer’s book of the same name, explores the challenges facing American high schools andSizer’s vision for reform. It highlights the issues with the traditional model of education and provides insight intoSizer’s approach to education reform, including the importance of smaller learning communities, personalized learning and authentic assessment.

“A Conversation with TheodoreSizer” (2008)

This interview withSizer covers a range of topics, including his views on testing, teacher professionalism and the purpose of education. Sizer discusses his belief that education should focus on preparing students for citizenship and life, rather than just college or a career. He also speaks about the need for teachers to have more autonomy in their work and for a more collaborative approach to education.

“The Principal Story” (2009)

While not specifically aboutSizer, this documentary follows two principals, as they navigate the challenges of improving their educational centers and implementing reforms, including some of the principles outlined bySizer. The film highlights the importance of strong leadership in education and the challenges faced by administrators, as they strive to create positive change in their educational centers.

RECOMMENDATIONS OF PODCASTS

“The Education Gadfly Show”

This podcast is hosted by the Thomas B. Fordham Institute and covers a range of topics related to education reform, including discussions on the ideas of TheodoreSizer. Episodes often feature experts in the field of education, who offer insights and analysis on current issues.

“The Ed Narrative Podcast”

This podcast focuses on exploring different perspectives on education and features interviews with educators, scholars and policymakers. Episodes often touch on themes fromSizer’s work, including the importance of student-centered learning and the need for systemic change in education.

“The Harvard EdCast”

This podcast is produced by the Harvard Graduate School of Education and covers a wide range of topics related to education. While not solely focused onSizer’s work, the podcast has featured guests who have been influenced by his ideas and who share his commitment to improving education for all students.

“The 21st Century Classroom”

This podcast is hosted by teacher and education consultant Kelly Croy and focuses on exploring new approaches to teaching and learning in the 21st century. Episodes often touch on themes fromSizer’s work, including the need for educational centers to adapt to a rapidly changing world and the importance of preparing students for a complex and interconnected global society.

ACTIVITY IDEAS: GRANDMA AND GRANDPA TIME

Offer participants the following list of activities they could do with their older relatives. And ask them in the next meetings about their success and to share their experience.

ACTIVITIES:

- **Conquer Your Fear:** Together, you and your grandparent can identify a few things that they were once afraid of, but now enjoy. Encourage them to approach learning about technology with the same bravery they used to conquer those past fears.
- **Have A Positive, Open Attitude:** Talk to your grandparent about the benefits of learning about computers and the Internet. Share your positive experiences and help them let go of any negative attitudes they may have heard from others.
- **Reach Out:** Offer your help and support in learning about technology. Spend time together, answer their questions and explore new things. If you don't have all the answers, search the Internet or ask someone else for help.
- **Google:** Show your grandparent how to use Google, to find answers to their questions. Search for things like "how to use email" or "how to download an app". Help them choose the simplest instructions that suit their needs.
- **Basic Settings Should Suit Your Needs:** Together, adjust the settings on their device to make it more user-friendly. Increase the font size, turn up the volume and adjust any other settings to meet their needs.
- **Write Down Your Passwords:** Encourage your grandparents to write down their passwords and keep them in a safe place. This will help them remember their login information, in case they forget.
- **Take Your Time:** Remind your grandparents to take breaks and not to be too hard on themselves. Encourage them to be patient and practice what they have learned to gain a better understanding.
- **Battery:** Teach your grandparent to charge their devices only when the battery is low. This will help extend the battery life of their device.
- **Stay Connected:** Show your grandparent how to check for new messages on their computer or phone, but encourage them to turn off their computer when they are not using it. Explain that they do not need to turn off their phone, as it is important for staying connected in real time.
- **Personal Information:** Talk to your grandparent about the importance of keeping their personal information safe. If they need to make an online transaction or store bank details, help them understand the necessary precautions they should take.
- **Always Opt for Touch Screens:** When buying a new device, explain to your grandparent the benefits of a touchscreen device. Research shows that they are more user-friendly for seniors than traditional computers.
- **Search History:** Explain to your grandparent how to clear their search history on their device. Encourage them to do this if they share their device with others and want to keep their activities private.
- **Most Things are Free:** Show your grandparent how to find free applications and programs that can be useful for their needs. However, remind them to check first to avoid any potential costs.
- **Read Reviews Before Buying Items Online:** Encourage your grandparent to read online reviews before purchasing a product or service online. Reviews can provide helpful insights about the product or service that companies may not provide.
- **Virus/Malware Scanning:** Help your grandparent invest in a good antivirus to protect their device from viruses and malware. Explain to them that most devices nowadays come with built-in scanners that are user-friendly.

CHAPTER 12: DICTIONARY

- **Cyberbullying:** The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature.
- **Cyberstalking:** The use of the internet, email or other electronic communications to stalk, harass or threaten someone.
- **Online harassment:** Any behavior that seeks to intimidate, demean or otherwise harm another person online.
- **Phishing:** The act of tricking someone into giving away sensitive information, such as passwords or financial information, through fake websites or emails.
- **Mental Health:** State of balance between a person and his or her socio-cultural environment that ensures his or her participation at work, intellectually, and in relationships in order to achieve well-being and a good quality of life.
- **Anxiety:** A feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain outcome.
- **Depression:** A mental health disorder characterized by persistent sadness, lack of interest in activities and a loss of energy.
- **Digital wound:** is a term used to describe the emotional or psychological harm that can be caused by online or digital harassment or abuse. This can include anything from cyberbullying, to stalking or hate speech.
- **Depression:** A mental health disorder characterized by persistent feelings of sadness, hopelessness and a lack of interest or pleasure in activities.
- **Anxiety disorders:** A group of mental health disorders characterized by excessive and persistent worry, fear and anxiety.
- **Post-Traumatic Stress Disorder (PTSD):** A mental health disorder that can develop after a person experiences or witnesses a traumatic event, causing intense feelings of fear, helplessness and distress.
- **Substance abuse disorders:** A group of mental health disorders characterized by excessive and harmful use of drugs or alcohol, often leading to negative consequences in a person's life.
- **Eating disorders:** A group of mental health disorders characterized by unhealthy eating habits and a preoccupation with body weight and shape, often leading to physical and psychological harm.
- **Self-harm:** The act of intentionally injuring oneself, often as a way to cope with emotional distress or pain.
- **Suicidal ideation:** Thoughts about or planning for one's own death by suicide.
- **Self-care:** The practice of taking care of one's own physical, mental and emotional well-being.
- **Boundaries:** Limits that you set with others to protect your own physical, emotional and mental well-being.
- **Screen time:** The amount of time that you spend looking at a screen, such as a phone, computer or TV.
- **Self-care practices:** Activities that you do to take care of your own physical, mental and emotional well-being.
- **Dissociative anonymity:** refers to the use of anonymous or pseudonymous online identities, in order to separate one's online persona or activities from one's real-life identity.
- **Spam:** unwanted emails or messages that are sent in large quantities and often contain misleading or fraudulent information.
- **Malware:** software that is designed to harm or exploit a computer or device, often by installing itself without the user's knowledge or consent.
- **Scam:** fraudulent scheme or trick that is designed to deceive or cheat people out of money or personal information.
- **Trojan:** a type of malware that disguises itself as legitimate software, in order to gain access to a device or network.
- **Ransomware:** a type of malware that encrypts a device or system's data and demands payment in exchange for the decryption key.
- **Phishing:** a type of online scam in which attackers pretend to be a legitimate company or individual, in order to trick people into providing sensitive information or login credentials.
- **Denial of Service (DoS):** a type of attack in which a device or network is flooded with traffic, in an attempt to make it unavailable to users.

Working On Universal and Normalized Digital wounds in adults
2021-2-IS01-KA220-ADU-000049951



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