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Topic	Combating Online Violence: Building Digital Resilience
Prepared by	BEST PRACTISE LAB
Objectives	• 1. Define and recognize various forms of online violence. • 2. Understand the prevalence and impact of online violence in Europe. • 3. Identify common platforms for online harassment. • 4. Enhance online privacy and security awareness. • 5. Cultivate digital resilience and emotional intelligence. • 6. Learn how to respond to and report online violence. • 7. Promote empathy and responsible digital behavior. • 8. Support victims and be an ally in online spaces.
Learning Outcomes	1. Knowledge of Online Violence: By the end of this module, learners will have a solid understanding of the various forms of online violence and the common platforms where it occurs.

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Learning Outcome	2. Awareness of Prevalence and Impact: Learners will be able to analyze statistical data and recognize the prevalence of online violence in Europe and its psychological, emotional, and social impact. 3. Digital Resilience and Security: Learners will develop the skills needed to enhance online privacy and security while fostering digital resilience and emotional intelligence for a safer online experience. 4.Response and Support: Learners will know how to respond to incidents of online violence, including reporting and documenting such incidents, and will be aware of available legal aspects and support resources. 5. Promotion of Empathy and Responsible Behavior: This module will equip individuals with the knowledge and skills to promote empathy and responsible digital citizenship, both in recognizing and addressing online harassment and supporting victims of online violence.

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Content Index	UNIT 3 : Promoting Online Empathy and Responsible Digital Citizenship 3.1 Empathy Online Importance of empathy in digital interactions. Recognizing and addressing online harassment. 3.2 Responsible Digital Citizenship 'Netiquette' and ethical behavior online. Promoting online safety and kindness. 3.3 Supporting Victims and Being an Ally Recognizing signs of distress in others. How to support victims of online violence.
Content Development	1.1 Definitions and Key Terms Online violence, also known as online harassment or cyberbullying, encompasses a wide range of harmful behaviors that occur in the digital realm. It's important to understand key terms and definitions to grasp the scope of online violence in Europe: 1. Online Violence: A broad term that encompasses various forms of harmful and abusive behaviors committed through digital platforms. It includes cyberbullying, online harassment, cyberstalking, and more.

Content Development	3. Online Harassment: Unwanted, repeated, or hostile behavior that targets an individual or group on the internet. It can manifest in the form of hate speech, threats, or unwanted online contact.
	4. Cyberstalking: A more extreme form of online harassment involving repeated, intrusive, and threatening behavior, often including tracking the victim's activities or making explicit threats.
	5. Doxxing: The act of revealing private or personal information about an individual on the internet, often with malicious intent. This may include sharing addresses, phone numbers, or other identifying details.
	6. Revenge Porn: The non-consensual distribution of explicit images or videos of an individual, usually with the intent to harm, intimidate, or embarrass the victim.
	1.2 Prevalence and Statistics in Europe
	Online violence is a prevalent issue in Europe, affecting individuals of all ages and backgrounds. Understanding the scale of the problem is crucial:

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Content Development	– According to a study by the European Union Agency for Fundamental Rights (FRA), 37% of women aged 18-74 in the European Union have experienced some form of cyber-harassment since the age of 15. – The study also revealed that online violence disproportionately affects young adults, with young women aged 18-29 experiencing the highest rates of online harassment. – The nature of online violence in Europe is diverse, with instances of hate speech, threats, and identity theft being common forms of abuse. – Social media platforms, such as Facebook, Twitter, and Instagram, are often hotbeds for online violence, as they provide easily accessible and anonymous means of communication. – Cyberbullying and online harassment in educational settings have become pressing issues, with nearly 25% of European students aged 11-16 reporting experiencing cyberbullying. – Online violence can have severe consequences on victims, including emotional distress, anxiety, and in extreme cases, self-harm or suicide.

Content Development	It is essential to create a safer and more respectful digital environment for individuals and communities, with a focus on promoting empathy, digital resilience, and responsible online citizenship.

1.3 Impact of Online Violence

Online violence, including cyberbullying, online harassment, and other forms of digital abuse, can have profound and far-reaching consequences on individuals and society. This impact extends to mental health and well-being, as well as privacy and security. Understanding these effects is essential to combatting online violence effectively.

–Mental Health Consequences

Online violence can take a severe toll on an individual's mental health and emotional well-being:

1. Anxiety and Depression: Victims of online violence often experience heightened levels of anxiety and depression. The continuous exposure to hurtful or threatening content can lead to persistent stress and emotional distress.

| Content Development | 2. Low Self-Esteem: Repeated online harassment can erode an individual's self-esteem and self-worth. Negative comments, insults, and derogatory content can lead to feelings of inadequacy.

3. Isolation and Loneliness: Online violence can make victims feel isolated and alone, as they may withdraw from social interactions to avoid further abuse. This can lead to feelings of loneliness and alienation.

4. Emotional Trauma: The trauma associated with online violence can be long-lasting. Individuals may experience symptoms similar to post-traumatic stress disorder (PTSD), such as flashbacks and nightmares.

5. Suicidal Ideation: In extreme cases, online violence can push victims to contemplate self-harm or suicide. It's crucial to recognize the severity of these consequences and intervene when necessary.

Privacy and Security Threats

Online violence also poses significant threats to privacy and security:

1. Doxxing: When personal information is exposed online, it can lead to severe privacy breaches. Doxxing can involve sharing addresses, phone numbers, and even sensitive financial or medical details. |

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Content Development	2. Stalking: Cyberstalking can escalate to physical stalking when the harasser acquires enough information about the victim's whereabouts and habits. This can lead to real-world threats and harm. 3. Online Reputation Damage: False or damaging information spread online can tarnish an individual's reputation, affecting both personal and professional life. It can lead to job loss, damaged relationships, and more. 4. Cybersecurity Risks: Online harassment may involve hacking or identity theft, exposing victims to financial losses and a range of digital security threats. 5. Loss of Digital Freedom: Victims of online violence may curtail their online activities and self-censor to avoid further abuse. This limits their freedom to participate fully in digital spaces. 6. Social Isolation: To protect themselves, individuals who have experienced online violence may withdraw from online communities and social media, resulting in social isolation.

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Content Development	**1.4 Identifying Common Platforms for Harassment**
	Online violence can occur on various digital platforms, but some are more frequently associated with such behavior:
	Social Media: Platforms like Twitter, Facebook, Instagram, and Snapchat are common spaces for online harassment. The anonymity often offered on these sites can embolden harassers.
	Online Gaming: Online gaming communities, especially multiplayer games with chat features, can be rife with harassment, hate speech, and cyberbullying.
	Forums and Message Boards: Online forums and message boards, where users can post anonymously or under pseudonyms, are also known for hosting harassment and trolling.
	Email and Messaging Apps: Harassment may occur through personal emails or messaging apps, often as a form of personal vendetta or stalking.
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Content Development	Comment Sections: The comment sections of news websites, blogs, and social media posts are frequent locations for online harassment and hate speech.

Understanding these common platforms and the different forms of online violence that can occur on them is the first step in combating online harassment. It highlights the importance of creating safer online environments, implementing stronger moderation, and fostering responsible digital behavior to mitigate the impact of online violence.

UNIT 2 Prevention Strategies: Online Privacy and Security

2.1 Preventing online violence and harassment begins with taking steps to protect your online privacy and security:

1. Use Strong Passwords: Create strong and unique passwords for your online accounts. Avoid using easily guessable information like your name or birthdate. A strong password includes a mix of letters, numbers, and symbols.

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Content Development	2. Enable Two-Factor Authentication (2FA): Whenever possible, enable 2FA for your online accounts. This adds an extra layer of security by requiring a second verification step, such as a code sent to your phone. 3. Regularly Update Software: Keep your computer, smartphone, and apps up to date with the latest security patches. Outdated software can have vulnerabilities that hackers can exploit. 4. Avoid Phishing Scams: Be cautious about clicking on links or downloading attachments from unknown sources. Cybercriminals often use phishing emails to steal personal information. 5. Use Secure Wi-Fi: When using public Wi-Fi, avoid accessing sensitive accounts or sharing personal information. Public networks can be less secure, making it easier for hackers to intercept data. 6. Protect Personal Information: Be cautious about sharing personal information on social media and other online platforms. Consider adjusting privacy settings to limit who can see your information.

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Content Development	7. Stay Informed: Keep up with online safety tips and trends. Understanding common online threats can help you avoid falling victim to scams or harassment.
	By following these prevention strategies and being mindful of your online privacy and security, you can reduce the risk of online violence and harassment. It's essential to take proactive steps to protect yourself in the digital world.
	2.2 Building Digital Resilience
	What Is Digital Resilience?
	Digital resilience is about staying strong and safe in the online world. It means being able to handle tough situations on the internet without getting too upset. Just like in real life, we need to be strong online.
	–Emotional Intelligence in Digital Interactions
	Emotional intelligence is about understanding and managing our feelings and the feelings of others. It's important in online interactions because it helps us deal with online harassment or mean comments. Here's how it works:

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Content Development	1. Recognizing Emotions: Know how you're feeling and understand the emotions of others. If someone is angry, you can see it in their words or messages.
	2. Empathy: Empathy means understanding how someone else feels. If someone is upset, you can say something kind to help them feel better.
	3. Self-Control: Sometimes, people say mean things online. It's important to control your emotions and not respond with anger. Instead, respond with kindness or ignore them.
	4. Effective Communication: When you talk online, be clear and polite. Avoid using harsh words, and be a good communicator.
	-Self-Care Practices for Online Well-Being
	Self-care is like taking care of yourself, just like you do in real life. But you can also practice self-care online:
	1. Limit Screen Time: Spending too much time online can be tiring. It's good to take breaks and do other things you enjoy.

| Content Development | 2. Block or Report Bullies: If someone is bothering you online, don't be afraid to block or report them. It's important to keep yourself safe. |
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2. Block or Report Bullies: If someone is bothering you online, don't be afraid to block or report them. It's important to keep yourself safe.

3. Think Before You Share: Be careful about sharing personal information online. Don't give out your address or phone number to strangers.

4. Connect with Positive People: Surround yourself with friends who are kind and supportive. It helps you feel good.

5. Practice Cybersecurity: Protect your online accounts with strong passwords. Avoid clicking on suspicious links or downloading strange files.

6. Educate Yourself: Learn about online safety and how to stay protected. The more you know, the safer you'll be.

Remember, digital resilience and emotional intelligence can help you stay strong and safe online. Take care of yourself and others when you're on the internet, just like you do in real life.

Content Development	2.3 Responding to Online Violence
	Online violence can be hurtful, but you can take steps to protect yourself and get help when needed. Here's how to respond:
	–Reporting and Documenting Incidents
	If someone is being mean or harmful to you online, it's important to report and document what's happening. Here's what you can do:
	1. Report on the Platform: Most online platforms have a way to report abusive behavior. Use this feature to let them know what's happening. They can take action to stop the harasser.
	2. Document Everything: Keep records of mean messages, comments, or any threats. You can take screenshots or save messages as evidence.
	3. Don't Respond to Bullies: Avoid arguing with the person causing trouble. Sometimes, they want to upset you more. It's better to ignore them.

| Content Development | 4. Reach Out for Support: Talk to a trusted friend or family member about what's happening. They can provide emotional support and advice.

– Legal Aspects and Support Resources

There are legal aspects related to online violence, and you can find support resources to help you:

1. Know the Laws: Understand the laws about online harassment in your area. Some actions may be against the law, and you have rights.

2. Legal Action: If the harassment is serious, you can contact the police or a lawyer to explore legal actions.

3. Seek Counseling: Online violence can be emotionally challenging. Consider speaking to a counselor or therapist who can help you cope.

4. Support Groups:Join online or local support groups where you can connect with others who have experienced similar situations. They can provide advice and understanding. |

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Content Development	5. Online Safety Organizations: Reach out to organizations that specialize in online safety and support for victims of online violence. They can offer guidance and resources.
	Remember, you don't have to face online violence alone. Report incidents, keep records, and seek support. There are laws and organizations that can help protect you and make the online world a safer place.
	Unit 3: Promoting Online Empathy and Responsible Digital Citizenship
	3.1 Empathy Online: Being Kind on the Internet
	–What Is Empathy?
	Empathy is when you understand how someone else feels and you care about their feelings. It's important in real life, and it's just as important when you're on the internet.

Content Development	Why Empathy Matters Online
	Empathy is crucial when you're online because it helps you:

1. Understand Others: You can tell if someone is happy, sad, or upset from what they say online. Being able to understand their feelings is a good thing.

2. Be Kind: If someone is having a hard time or they're upset, you can say something nice to help them feel better. That's being kind, and it's what empathy is all about.

3. Stop Harassment: Sometimes, people say mean or hurtful things online. If you have empathy, you won't join in. Instead, you can stand up for the person being bullied and tell the bully to stop.

–Recognizing and Addressing Online Harassment

Online harassment is when someone is mean, hurtful, or threatens others on the internet. Here's what you can do: |

Content Development	1. Notice Harassment: Pay attention to mean comments, threats, or bullying online. If you see someone being treated badly, it's time to take action.
	2. Support the Victim: If you see someone being bullied, you can reach out and offer support. Let them know you care and that they're not alone.
	3. Report the Bully: Most online platforms have a way to report mean behavior. Use it to let them know what's happening so they can stop the bully.
	4. Don't Join In: If someone is being mean, don't join them. Be kind and stand up for what's right.
	Empathy online means being kind, understanding, and looking out for each other. It helps create a better and safer internet for all of us.
	3.2 Responsible Digital Citizenship –What Is Responsible Digital Citizenship?

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| Content Development | Being a responsible digital citizen means being a good neighbor on the internet. Just like we have rules and manners in real life, we have them online too. It's called "netiquette."

–Netiquette and Ethical Behavior Online

Netiquette is like online manners. Here are some ways to practice it:

1. Be Polite: Always be polite online. Use kind words and avoid being rude or mean to others.

2. Respect Privacy: Don't share personal information about yourself or others without permission. It's important to respect privacy.

3. Avoid Trolling: Trolling is when people make mean or upsetting comments just to upset others. Don't do it.

4. Cite Sources: If you use someone else's work, like their words or pictures, give them credit. It's like saying thank you.

5. Think Before Posting: Before you post something, think about how it might make others feel. If it could hurt someone, it's better not to post it. |
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| Content Development | Being a responsible digital citizen also means promoting online safety and kindness:

1. Report Bad Behavior: If you see someone being mean or breaking the rules online, report it to the platform. It helps make the internet safer.

2. Be Kind: Treat others online the way you want to be treated. If you're kind, others are more likely to be kind to you.

3.Share Positive Things: Spread positivity and helpful information online. Share things that make people smile or learn something new.

4. Use Social Media Wisely: Social media is powerful. Use it to connect with others, not to hurt them. Think about how your words and actions can affect others.

Being a responsible digital citizen is all about being kind, respectful, and making the internet a better place for everyone. It's like being a good neighbor in your online community. |

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Content Development	**3.3 Supporting Victims and Being an Ally: Helping Others Online** -Recognizing Signs of Distress in Others Sometimes, people we know or even strangers online may be going through a tough time. It's important to recognize signs that someone might be in distress: 1. Withdrawal: If someone suddenly stops being active online, they might be going through something hard. 2. Sad or Upset Posts: If someone keeps posting sad or upset things, it's a sign they may need help. 3. Reaching Out for Help: If someone directly asks for help or talks about feeling down, take it seriously. 4. Changes in Behavior: Notice if someone's online behavior changes. They may become more quiet or start responding differently to messages. -How to Support Victims of Online Violence If you see someone who's a victim of online violence, you can be an ally and support them. Here's how:

Content Development	
	1. Listen and Be There: Let the person know you're there to listen and support them. Sometimes, just having someone to talk to helps a lot. 2. Encourage Reporting: If they're comfortable, encourage them to report the harassment on the platform where it's happening. This can stop the bullies. 3. Offer Help: If they're in immediate danger, help them get in touch with the police or a trusted adult. 4. Protect Your Friend's Privacy: Be careful not to share their personal information or private messages. Privacy is important. 5. Stand Up Against Bullies: If you see the bullies attacking your friend, don't be silent. Stand up for what's right and report the bad behavior. Remember, being an ally means supporting and standing up for someone who's going through a tough time. It can make a big difference and help your friend feel safer and better.

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Workshop 1	Workshop Title: "Understanding Online Violence: Empathy and Prevention"
	Workshop Overview
	Duration: One Full Day
	Objectives: - To help participants understand what online violence is and why it's important. - To introduce the concept of empathy online and its role in creating a safer digital environment. - To explore various forms of online violence. - To discuss prevention strategies, including online privacy and security measures.
	–Agenda
	Session 1: Introduction (30 minutes)
	- Welcome and Icebreaker: A warm welcome and an icebreaker activity to get to know the participants and set a positive tone.
	- Defining Online Violence: Discuss what online violence is and why it matters.

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Workshop 1	Session 2: Empathy Online (60 minutes)
	- What is Empathy?: A simple explanation of empathy and why it's important in both real life and online interactions.
	- Role-Playing Exercise: Participants engage in a role-playing activity to practice empathy in different online scenarios.
	- Group Discussion: Share the experiences and insights gained from the role-play exercise.
	Session 3: Forms of Online Violence (45 minutes)
	- Differentiating Types of Online Violence: Discuss various forms of online violence, such as cyberbullying, online harassment, and cyberstalking.
	- Group Activity: Small group discussions on recognizing these forms and their consequences.
	- Sharing Insights: Each group shares their insights and examples with the larger group.

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Workshop 1	Session 4: Prevention Strategies (60 minutes)
	- Online Privacy and Security Measures: Explore the importance of strong passwords, 2-factor authentication, and avoiding phishing scams.
	- Group Activity: Participants work in pairs to create strong passwords and discuss how they can protect their online privacy.
	- Sharing Insights: Pairs share their strategies with the larger group.
	Session 5: Real-Life Scenarios (45 minutes)
	- Analyzing Real-Life Online Violence Cases: Present real-world scenarios of online violence and harassment.
	- Group Discussion: Participants discuss how empathy and prevention strategies can be applied in these scenarios.

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Workshop 1	Session 6: Workshop Conclusion (30 minutes)
	- Empathy and Prevention Pledges: Participants make personal pledges on how they will promote empathy and use prevention strategies in their online interactions.
	- Feedback and Reflection: Participants provide feedback on the workshop and reflect on what they've learned.
	- Closing Remarks: The facilitator thanks the participants for their active participation and reminds them of the importance of empathy and online safety.
	-Takeaways
	- Participants gain a deeper understanding of online violence, the importance of empathy online, and how to differentiate various forms of online violence. - Participants leave with practical knowledge of prevention strategies and steps to create a safer online environment. - Participants are encouraged to apply what they've learned in their digital interactions and communities, making the internet a more respectful and secure place.

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Workshop 2	Workshop Title: "Supporting Victims and Being an Ally: Online Safety and Kindness"
	–Workshop Overview
	Duration: Half Day
	Objectives: - To help participants recognize signs of distress in others in online environments. - To equip participants with strategies for supporting victims of online violence. - To encourage participants to be allies and promote online safety and kindness.
	–Agenda
	Session 1: Introduction (30 minutes) - Welcome and Icebreaker: A warm welcome and an icebreaker activity to foster a positive atmosphere.
	- Understanding Distress Online: An overview of why it's essential to recognize signs of distress in others online.

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Workshop 2	Session 2: Signs of Distress (45 minutes) - Recognizing Signs of Distress: Discuss common signs that someone might be in distress online, such as withdrawal, sad posts, or direct requests for help. - Case Study: Analyze a case study to identify signs of distress and discuss how participants would respond. Session 3: Supporting Victims (60 minutes) - Listening and Offering Support: Learn the importance of being a good listener and how to offer support to someone who is experiencing online violence. - Role-Playing Exercise: Participants engage in role-playing scenarios where they support someone in distress online. - Sharing Experiences: Participants share their experiences and insights gained from the role-play activity. Break (15 minutes)

Workshop 2	Session 4: Being an Ally (45 minutes)
	- Understanding the Role of an Ally: Discuss the role of an ally and why it's important in online safety.
	- Group Discussion: Participants discuss what it means to be an ally in online environments and why it matters.
	Session 5: Promoting Online Safety and Kindness (45 minutes)
	- Steps to Promote Safety and Kindness: Explore practical steps participants can take to promote online safety and kindness.
	- Creating a Safe Online Space: Discuss how individuals can contribute to creating a safe and positive online space.
	Session 6: Workshop Conclusion (30 minutes)
	- Allyship Pledges: Participants make personal pledges on how they will support victims and promote online safety and kindness.

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| Workshop 2 | - Feedback and Reflection: Participants provide feedback on the workshop and reflect on what they've learned.

-Closing Remarks: The facilitator thanks the participants for their active participation and emphasizes the importance of being allies in the online community.

*Takeaways

- Participants gain the skills to recognize signs of distress in others online and are prepared to offer support.
- Participants understand the role of an ally and how to promote online safety and kindness.
- Participants leave with a commitment to being allies and creating a safer and more positive online environment for everyone. |

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| Workshop 3 | Workshop Title: "Responsible Digital Citizenship: Netiquette and Online Ethics"

Workshop Overview

Duration: Half Day

Objectives:
- To help participants understand the concept of responsible digital citizenship and its importance.
- To introduce the idea of "netiquette" and ethical behavior online.
- To encourage participants to be responsible digital citizens by promoting online safety and kindness.

- Agenda

Session 1: Introduction (30 minutes)

- Welcome and Icebreaker: A warm welcome and an icebreaker activity to create a positive atmosphere.

- Understanding Responsible Digital Citizenship: An introduction to what it means to be a responsible digital citizen. |
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Workshop 3	Session 2: Netiquette and Online Ethics (45 minutes)
	- What Is Netiquette?: An explanation of "netiquette" as online manners and its importance in digital interactions.
	-Discussion on Online Ethics: Exploring the ethical behavior and principles that guide our online actions.
	- Group Activity: Participants engage in a group discussion about scenarios where netiquette and online ethics come into play.
	Break (15 minutes)
	Session 3: Applying Netiquette (45 minutes)
	- Practical Netiquette Rules: Discussion of practical netiquette rules, including politeness, respecting privacy, and avoiding trolling.
	- Case Studies: Analyzing case studies to identify when netiquette rules were applied or violated.

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Workshop 3	Session 4: Promoting Online Safety and Kindness (45 minutes)
	-Responsibility as Digital Citizens: Discussing the role of responsible digital citizens in promoting online safety and kindness.
	-Group Activity: Participants work in groups to create an online community pledge for responsible digital citizenship.
	Session 5: Workshop Conclusion (30 minutes)
	- Personal Commitment:Participants make personal pledges on how they will practice responsible digital citizenship and promote online safety and kindness.
	- Feedback and Reflection: Participants provide feedback on the workshop and reflect on what they've learned.
	- Closing Remarks: The facilitator thanks the participants for their active participation and emphasizes the importance of responsible digital citizenship.
	*Takeaways

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Workshop 3	– Participants gain an understanding of what it means to be a responsible digital citizen and the concept of netiquette. – Participants learn practical netiquette rules and how to apply them in their online interactions. – Participants leave with a commitment to promoting online safety, kindness, and ethical behavior in their digital communities.
QUIZ 1	Quiz: Online Violence and Its Impact Choose the best answer for each question based on the information provided. Online Violence: Key Definitions 1. What is the definition of "cyberbullying"? a) A broad term for online harassment b) Deliberate and repeated aggressive or intimidating behavior online c) The act of revealing private information online

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QUIZ 1	2. Which of the following is NOT a form of online violence as per the definitions provided? a) Cyberstalking b) Doxxing c) Cybersecurity 3. According to the European Union Agency for Fundamental Rights (FRA), what percentage of women aged 18-74 in the European Union have experienced some form of cyber-harassment since the age of 15? a) 12% b) 25% c) 37% 4. Who experiences the highest rates of online harassment among young adults? a) Young men aged 18-29 b) Young women aged 18-29 c) Young adults aged 30-40 5. Which of the following is NOT a mental health consequence of online violence? a) Low self-esteem b) Increased social interactions c) Anxiety and depression

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QUIZ 1	6. How can online violence affect privacy and security? a) By boosting online reputation b) By increasing digital freedom c) By exposing personal information and posing cybersecurity risks 7. What risks might online stalking escalate to in the physical world? a) Severe privacy breaches b) Emotional distress c) Physical threats and harm 8. Which of the following is NOT listed as a common platform for online harassment? a) Online gaming b) Messaging apps c) Online shopping

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Answers	1. b) Deliberate and repeated aggressive or intimidating behavior online 2. c) Cybersecurity 3. c) 37% 4. b) Young women aged 18-29 5. b) Increased social interactions 6. c) By exposing personal information and posing cybersecurity risks 7. c) Physical threats and harm 8. c) Online shopping

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QUIZ 2	Quiz: Preventing Online Violence and Building Digital Resilience**
	Choose the best answer for each question based on the information provided. 1. What is a strong password? a) A password that contains your name and birthdate b) A password with a mix of letters, numbers, and symbols c) A password that you use for multiple accounts 2. What is the purpose of Two-Factor Authentication (2FA)? a) To create social media accounts b) To enable multiple people to access an account c) To add an extra layer of security for online accounts 3. Why should you regularly update your software? a) To slow down your device b) To keep your device and apps secure c) To make your device look more appealing

QUIZ 2	4. What should you be cautious about in terms of online privacy and security? a) Sharing personal information freely b) Clicking on links and downloading attachments from unknown sources c) Using the same password for all accounts 5. When using public Wi-Fi, what should you avoid doing? a) Accessing sensitive accounts and sharing personal information b) Sharing personal information responsibly c) Sharing personal information with everyone 6. What is emotional intelligence in the context of online interactions? a) Being emotionally upset by online comments b) Understanding and managing emotions in online interactions c) Ignoring all emotions during online interactions 7. How does empathy play a role in emotional intelligence? a) By helping you understand how others feel b) By encouraging you to respond to mean comments with anger c) By blocking others online

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QUIZ 2	8. What is one form of self-care for online well-being? a) Spending excessive time online b) Limiting screen time and taking breaks c) Engaging in online conflicts 9. How can you practice cybersecurity for online safety? a) Sharing personal information with strangers b) Using the same weak password for all accounts c) Protecting your online accounts with strong passwords 10. What should you do if someone is being mean or harmful to you online? a) Respond to bullies and argue with them b) Report and document the incidents, but don't seek support c) Report on the platform, document everything, and reach out for support 11. Why is it important to document incidents of online violence? a) To use as evidence for engaging in online conflicts b) To create a digital record of your online presence c) To have evidence to report to platforms and authorities

QUIZ 2	12. What is the recommended action when dealing with online harassers? a) Argue and engage with them b) Ignore them and avoid responding c) Share personal information with them 13. What should you do if the online harassment is severe and causing distress? a) Seek legal action b) Share your experiences with a wider online audience c) Engage in online conflicts 14. What resources can you seek for support if you experience online violence? a) Local support groups b) Ignoring the issue and hoping it goes away c) Legal action

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Answers	1. b) A password with a mix of letters, numbers, and symbols 2. c) To add an extra layer of security for online accounts 3. b) To keep your device and apps secure 4. b) Clicking on links and downloading attachments from unknown sources 5. a) Accessing sensitive accounts and sharing personal information 6. b) Understanding and managing emotions in online interactions 7. a) By helping you understand how others feel 8. b) Limiting screen time and taking breaks 9. c) Protecting your online accounts with strong passwords 10. c) Report on the platform, document everything, and reach out for support 11. c) To have evidence to report to platforms and authorities 12. b) Ignore them and avoid responding 13. a) Seek legal action 14. a) Local support groups

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QUIZ 3	Quiz: Promoting Online Empathy and Responsible Digital Citizenship**
	Choose the best answer for each question based on the information provided in the unit.
	1. What is empathy? a) Ignoring others' feelings b) Understanding how someone else feels and caring about their feelings c) Being mean to others online
	2. Why is empathy important when you're online? a) To confuse others b) To help you stand up for the person being bullied c) To understand others' feelings and be kind
	3. What can empathy help you do when someone is having a hard time online? a) Ignore them b) Say something nice to help them feel better c) Join in and be mean
	4. What is online harassment? a) Being polite to others online b) Understanding the feelings of online bullies c) When someone is mean, hurtful, or threatens others on the internet

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QUIZ 3	5. What should you do if you notice someone being bullied online? a) Ignore it b) Report the bully and don't help the victim c) Reach out and offer support to the person being bullied 6. What does being a responsible digital citizen mean? a) Breaking rules and being rude online b) Being a good neighbor on the internet and following online manners (netiquette) c) Sharing personal information about yourself and others without permission 7. What is netiquette? a) Being rude and mean to others online b) Online manners, like being polite and respectful c) Sharing personal information without asking 8. How can you practice netiquette? a) Be polite, avoid trolling, and don't report mean behavior b) Cite sources, avoid sharing positive things, and think before posting c) Be polite, respect privacy, and avoid trolling

QUIZ 3	9. Why is it important to report bad behavior online? a) Reporting doesn't make the internet safer b) It helps keep the internet a safer place c) Reporting can lead to more bullying 10. What should you do to promote online kindness? a) Treat others online the way you don't want to be treated b) Share things that make people smile or learn something new c) Avoid social media 11. What are signs that someone might be in distress online? a) Being very active online b) Posting happy and upbeat content c) Withdrawing from online activity or posting sad/upset things 12. What does being an ally mean when someone is a victim of online violence? a) Ignoring them and their problems b) Listening, offering help, and standing up against bullies c) Reporting their issues to the platform to make things worse

QUIZ 3	13. How can you support someone who is a victim of online violence? a) Be silent and not report the bad behavior b) Offer help, stand up for what's right, and protect their privacy c) Share their personal information to get more help 14. Why is offering help and being an ally important? a) It doesn't make a difference b) It can make a big difference and help the person feel safer and better c) It can make the bullying worse

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Answers	
	1. b) Understanding how someone else feels and caring about their feelings
	2. c) To understand others' feelings and be kind
	3. b) Say something nice to help them feel better
	4. c) When someone is mean, hurtful, or threatens others on the internet
	5. c) Reach out and offer support to the person being bullied
	6. b) Being a good neighbor on the internet and following online manners (netiquette)
	7. b) Online manners, like being polite and respectful
	8. c) Be polite, respect privacy, and avoid trolling
	9. b) It helps keep the internet a safer place
	10. b) Share things that make people smile or learn something new
	11. c) Withdrawing from online activity or posting sad/upset things
	12. b) Listening, offering help, and standing up against bullies
	13. b) Offer help, stand up for what's right, and protect their privacy
	14. b) It can make a big difference and help the person feel safer and better