

ONLINE EXPLOITATION AND BULLYING

Online spaces can be exciting, but they also come with risks. Understanding different forms of online exploitation and bullying can help you and your friends stay safe. Let's explore these dangers and learn how to spot the warning signs!



What is Cyberbullying?

Cyberbullying is using technology to harass or harm someone repeatedly. This can include mean comments, threats, or spreading rumors online.



What is Grooming?

Grooming is when someone builds trust with a young person to manipulate or exploit them. It often involves pretending to be a friend and asking for personal information or pictures.



What is Masquerading?

Creating a false identity online, such as fake social media profiles or email accounts, to harass others. People may pretend to be you, create accounts in your name, post harmful content, or message your friends.



What is Cyberstalking?

Cyberstalking is when someone uses the internet to repeatedly contact, harass and follow the activities of someone else online.

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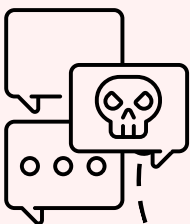
What is Proxy Harassment?

When stalkers target not just the victim but also their family members and friends, roping them into the harassment cycle where they begin to receive similar threats and abuse.



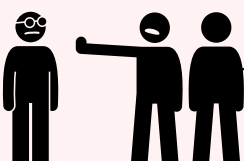
What is Sextortion?

Sextortion involves someone threatening to share private images or information unless the person meets their demands. It's crucial to not give in to threats and report them.



What is Trolling?

When someone makes disrespectful comments to bully and humiliate others. These comments can be personal attacks or hurtful statements.



What is Exclusion?

Keeping someone out of online groups and messages intentionally, making them feel alone. An example is when a child is intentionally not included in an online group where all their classmates are present.

STAYING ALERT

It can be hard to identify some of these threats, but by looking closely at your interactions with someone, reflecting on your own emotions, and seeing examples of unsafe interactions, you can learn to recognize them if they happen to you or someone else.

RED FLAGS CHECKLIST FOR ONLINE INTERACTIONS: CAN YOU BE HARMED?

- Did they ask for personal information (eg: age, address, phone number, school)
- Did they demand private photos/videos, especially in a casual, friendly conversation?
- Did they try to become your close friend very quickly, offering compliments or gifts?
- Did they ask you to keep your conversations or actions a secret from others?
- Did they send abusive/hurtful messages that made you feel unsafe or guilty?
- Did they make grand promises or offers (eg: lottery, job opportunity)?

Read these chats and identify their red flags from the list above.

hi, do u snap?

Double tap to ❤️

ya but not with people i don't know

oh come on, it's just fun. you can trust me. we're friends now, right?

Nice to hear. how about you send me a pic? Just for fun 😊

I'm not comfortable with that...

Come on, it's no big deal. if you don't, I might share some of our older chats.

Why did you post that selfie? you look weird 😬

12:13

I thought it was a nice picture...

12:13 ✓

You should've sent it to the group chat before posting. Would have save you some embarssment online.

12:13

I don't understand why you're being so mean

12:14 ✓

Best Practices to Stay Safe Online

Balance online fun with offline joy!
Make sure you have a meaningful relationship with the internet.

Check in with yourself after chatting or scrolling. If something feels off, trust your instincts!

Share your online experiences with family and friends. It's a great way to feel supported and stay connected.

Know your rights - You have the right to privacy and the ability to control your information. Own it!

Check your privacy settings often and adjust them to what makes you feel safe.

DEALING WITH THREATS

The Digital Champions Agency



The Digital Champions Agency needs your help to keep their friends safe! Read these situations carefully, and identify the kind of online bullying or exploitation each friend is facing. Then, identify which of the helpful strategies on the right will be helpful for them!

#1 Aditi's classmate knows exactly which website she logs into at what time, and messages her on all of them daily, making her afraid.

#2 Someone else with Raj's username is troubling his friend!

#3 Someone commented insults on Faizan's post, even though they don't know him - he is infuriated!

#4 One of Mary's trusted online friends suddenly starts insisting that she send them her photos - she has not faced this before

#5 Rahul's friends have followed each other on social media, but not him! In school, they talk about memes that he doesn't know about, making him feel left out.

Block and move on - Don't give them the attention!

Report them to ensure your safety

Pause and reflect before reacting - is it worth engaging with them?

Seek support from a trusted adult

Take a break from social media when you're overwhelmed

Reach out to a counselor to regain self-confidence!

If you or someone you know faces online bullying, threats, or exploitation, it's important to know the available reporting options. Apart from social media platforms themselves, you can report to the following authorities:

National Cyber Crime Reporting Portal: This portal allows individuals to report cybercrimes such as harassment, threats, or exploitation. It's designed to help take action against offenders. (cybercrime.gov.in). You can also call the cyber crime helpline at 1930!

National Commission for Women (NCW): This commission is dedicated to ensuring the safety and protection of women's rights. They provide assistance and accept complaints online. (ncw.nic.in). You can call the helpline to report violence against women at 7827-170-170!

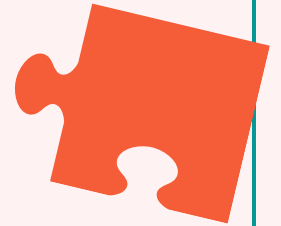
ANSWER KEY

DEALING WITH THREATS



#1 - CYBERSTALKING

For Aditi, blocking, reporting and seeking support will be key to feeling safe again.

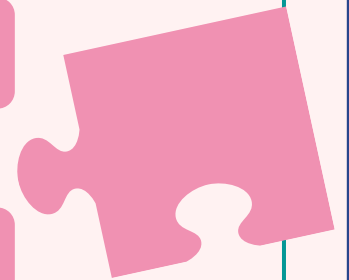


#2 - MASQUERADING

Definitely ask Raj to block and report the user - ask his friends to as well!

#3 - TROLLING

Encourage Faizan to pause before reacting to their insults, and block them instead. Maybe a break or some counseling will help too! What did you think?



#4 - GROOMING/SEXTORTION

Tell Mary not to share private information, block them and move on! She can also report them to the platform and to authorities. Ask her to seek support from a trusted adult!

#5 - EXCLUSION

Reaching out to a counselor, and taking a break from social media will help Rahul. It might be worth it to pause and reflect before he engages with or confronts his friends!

