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Erasmus Plus Project – Strategic Partnership – School Cooperation.  
Strategic partnerships in the field of school education aim to support  
the exchange of good practices between schools from different  
program countries.

**Students from schools in Spain, Romania, Great Britain and Poland.**

**Project title**

**“ Let’s remove bullying and promote kindness to one another “**

# *Causes and effects of cyberbullying*



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## **CYBERBULLYING**

*is persecution, intimidation, harassment, ridicule of other people using the Internet and electronic tools such as SMS, e-mail, websites. Internet stalking is dangerous because compromising materials are available to many people in a short time and remain online forever. Following the rules of safe use of the Internet can reduce the risk of your child being exposed to inappropriate content.*



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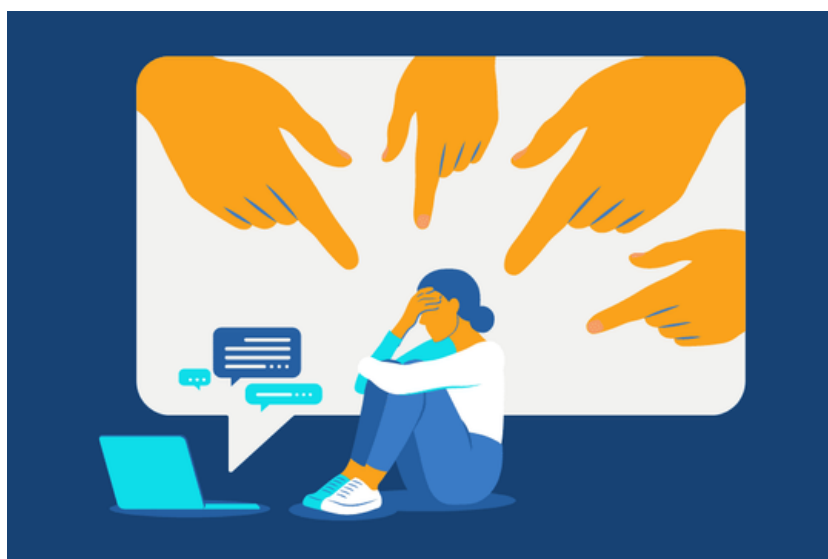
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## Forms of cyberbullying

- posting degrading videos or photos
- publishing ridiculing, vulgar comments and posts
- hacking into social media accounts
- flood, i.e. messenger messages, telephone calls, SMS messages
- impersonating other people
- exclusion from online communities

## Who is at risk of cyberbullying?

Cyberbullying includes many forms of violence using communication technology, e.g. the Internet, mobile phones, social media, online games or other instant messaging applications. Anyone can become a victim, regardless of age and gender, but this violence most often affects women and girls



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## CAUSES OF CYBER POWER:

The causes of cyberbullying lie in the characteristic features of adolescence, which, combined with the specificity of the Internet, favor the disclosure and escalation of hostile behavior.

These are among others:

- Tendency to humiliate other people
- Crossing the boundaries of moral principles
- Low level of empathy in relationships with other people
- Lack of reflection on one's own behavior
- The desire to impress



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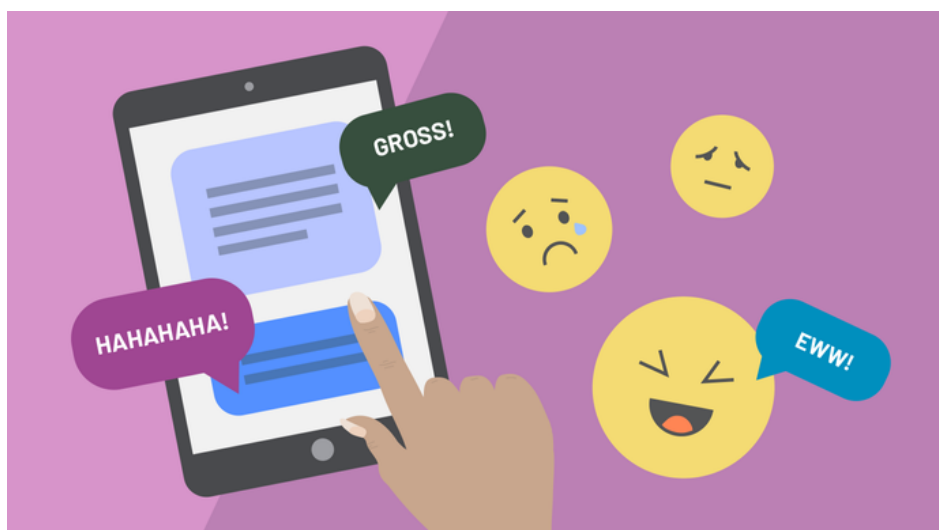
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## **Victims of cyberbullying are:**

The most common victims of cyberbullying are classmates. In some cases, these are people who have no contact and are often defenseless in such situations. However, cyberbullying is not always a manifestation of aggression or even intentional ridicule. It often occurs as a result of a joke.

## **PERPETRATORS OF VIOLENCE:**

The research and police data indicate that the perpetrator of cyberbullying usually comes from the school environment or the victim's immediate surroundings. Most often, perpetrators act on impulse, not always wanting to ridicule a given person. Children and adolescents often undertake actions called cyberbullying without being aware of the possible consequences.



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## Scale of cyberbullying among young people in Poland

- The average Polish teenager spends 4 hours a day on the Internet,
  - 8% of children use it at night, even until the morning hours,
  - 90% of young people have a profile on social networking sites (Facebook, Snapchat, Instagram),
  - Social media are treated as a communication tool, a platform for social contacts, entertainment, a virtual world in which position is often more important than in the real world,
  - Coronavirus pandemic and remote learning (opportunities and threats):
- 51% of children and young people have become an object at least once photos or videos taken against your will,
  - 52% of children aged 12-17 have experienced violence verbally on the Internet or by mobile phone,
  - 47% of children experienced vulgar names,
  - 29% of the respondents declare that someone on the Internet pretended to be them against their will
  - 21% of children experienced humiliation, ridicule and humiliation,
  - 16% of people experienced intimidation and blackmail,
  - 14% of children report cases of dissemination too via the Internet or mobile phones compromising materials.





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## The effects of cyberbullying

- shame and humiliation,
- stigmatization,
- loneliness,
- despair,
- behavior changes,
- social exclusion,
- emotional problems.



## What are the consequences of cyberbullying?

➤ Art. 268a. § 1. Whoever, without being authorized to do so, destroys, damages, deletes, changes or impedes access to IT data, or significantly disrupts or prevents the automatic processing, collection or transmission of such data, shall be subject to the penalty of imprisonment for up to 3 years.



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## Rights of victims

### ***There is no definition of cyberbullying in Polish law.***

- Existing ones can be used to protect against cyberbullying regulations of the criminal law and the Civil Code.
- Some acts of online aggression violate current laws (considered a felony or misdemeanor) and can be reported to the police, the prosecutor's office or the court.

They are: defamation or insult, image infringement, stalking, impersonation getting under someone, threats, burglary.

- For these crimes/offences, prosecute the perpetrator of cyberbullying takes place after the aggrieved party submits the application

Articles of the Penal Code

The grounds for imposing a penalty include: these articles of the Penal Code:

- 190 k.k. (punishable threat);
- 190a k.k. (persistent harassment, impersonation);
- 191 k.k. (forcement to a certain action);
- 191a k.k. (violation of sexual intimacy, fixation of the image of a naked person without her consent);
- 212 k.k. (defamation);
- 216 k.k. (insult);
- 267 k.k. (unlawful obtaining of information, hacking into ICT networks);
- 269 k.k. (damage to IT data);
- 269a k.k. (computer system interference);
- 287 k.k. (computer fraud).

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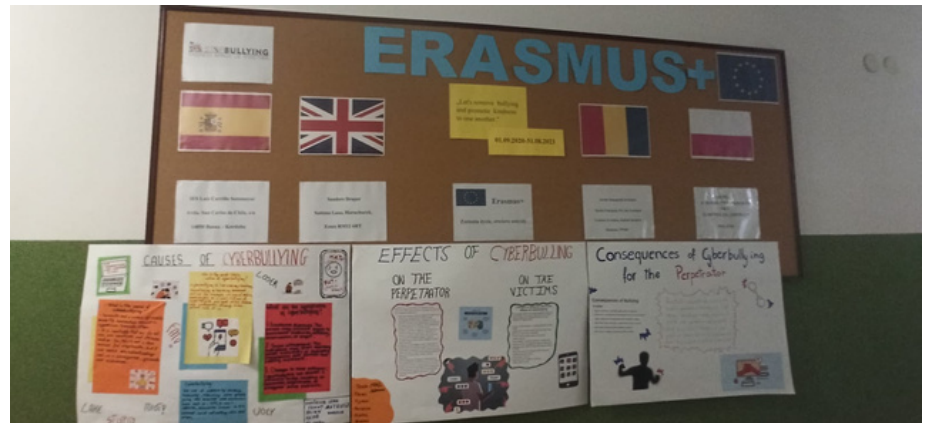
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## LEGAL LIABILITY:

On June 6, 2011 an amendment to the Penal Code Act, published in the Journal of Laws, entered into force. Laws of 2011 No. 72, item 381, which recognizes cyberbullying and stalking as prohibited acts in Poland. Currently, this act is punishable under Art. 190a of the Penal Code, paragraph 1: Whoever, by persistent harassment of another person or a person closest to him, arouses in him a sense of threat justified by the circumstances or significantly violates his privacy, shall be subject to the penalty of imprisonment for up to 3 years. Paragraph 2: The same penalty shall apply to anyone who impersonates another person. a person, uses his/her image or other personal data in order to cause property or personal damage to him/her. paragraph 3: If the act specified in § 1 or 2 results in the injured party taking his or her own life, the perpetrator shall be subject to the penalty of imprisonment from one to 10 years. paragraph 4: The prosecution of the crime specified in § 1 or 2 shall take place at the request of the injured party.



## What is worth remembering?

Make your child aware that:

1. Even a seemingly innocent joke can be a form of cyberbullying. Let's be careful what we write.
2. Cyberbullying may result in criminal liability.
3. We must not respond to violence in the same way. If you feel that the matter is beyond you, contact specialists or appropriate services.
4. On social networking sites, any manifestations of cyberbullying can be reported to administrators (report abuse).
5. If you are a victim of cyberbullying, you should keep evidence, e.g. take a screenshot, save text messages or messages.
6. As a witness of cyberbullying - react and oppose it.



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## **Symptoms of cyberbullying**

How to recognize it is cyberbullying? How to recognize her victim? This is not an easy task because the perpetrators usually act anonymously and there are no physical symptoms of this type of violence, such as bruises. This is a type of psychological violence that is extremely difficult to diagnose. However, there are certain signs that should draw our attention.

Your loved one spends a lot of time on the Internet or with a phone in his hand, or on the contrary: he avoids these media, even though he used them before;

Something has changed in the behavior of your loved one: they are scared, sad, anxious, avoid talking about certain topics;

The person we know has become apathetic or just the opposite: aggressive, has trouble sleeping, is irritated, cannot concentrate on anything;

A loved one has limited or blocked access to their information online, e.g. profiles on social networking sites, or changed their e-mail password.

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## Consequences resulting from the provisions of the Penal

Code 12 On June 6, 2011, an amendment to the Penal Code Act, published in the Journal of Laws, entered into force. of 2011, No. 72, item 381, which recognizes cyberbullying and stalking in Poland as a prohibited act.

Currently, this act is punishable under Art. 190a of the Penal Code.

□ § 1. Whoever, by persistently harassing another person or their closest person, makes them feel threatened by the circumstances or significantly violates their privacy, shall be subject to the penalty of deprivation of liberty for up to 3 years.

□ § 2. The same penalty shall apply to anyone who, impersonating another person, uses that person's image or other personal data in order to cause property or personal damage to that person.

□ § 3. If the act specified in § 1 or 2 results in the injured party taking his or her own life, the perpetrator shall be subject to the penalty of imprisonment from one to 10 years.

□ § 4. The prosecution of the crime specified in § 1 or 2 takes place at the request of the injured party. Consequences arising from the provisions of the Penal Code, cont. 13 In addition to the introduction to the Penal Code, Art. 190a regarding cyberbullying, the following actions remain punishable:

□ **slander,**

□ **insult,**

□ **punishable threat,**

□ **destruction of IT data,**

□ **hindering access to IT data that may be manifestations of cyberbullying.**

Regardless of the criminal law protection of the injured party, such a person may additionally sue the persecutor as an injured party in a civil suit for, for example, infringement of personal rights.



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## People and institutions where students can report or seek help and support

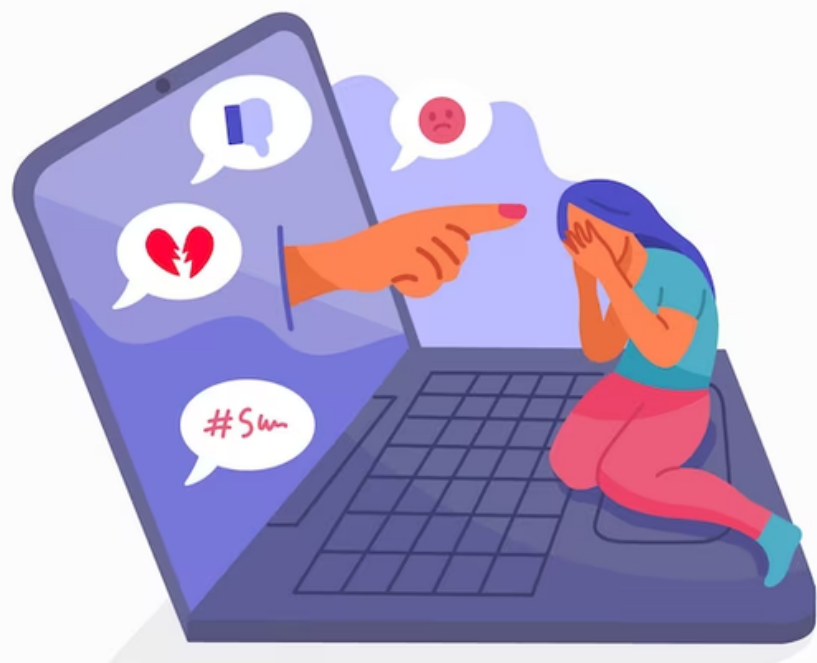
- Parents/legal guardians.
- Teachers, pedagogues and management.
- Helpline for children and youth 116 111 (7 days a week, 12 p.m. - 10 p.m., free of charge) and on the website 116111.pl. Help with online safety threats for people under 18.
- **Children's Helpline of the Ombudsman for Children**

**800 12 12 12**

Psychologists, educators and lawyers provide the necessary support to all children who call. Adults can report children's problems or gross neglect to the hotline.

□ A team of experts from the Scientific and Academic Computer Network, acting as a contact point for reporting illegal content on the Internet <https://dyzurnet.pl/>.

□ Police if any law has been broken.



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