

Session 4: When Online Feels Unsafe (Cyberbullying and Response)

Even with good habits, unsafe situations can still happen online. This session is about cyberbullying, rude or threatening messages, fake links and scams, saving proof, blocking and reporting, and talking to trusted adults.

Session Objective

By the end of this session, you will be able to:

- Recognise unsafe online behaviour.
- Understand what cyberbullying and scams look like.
- Know how to save proof such as screenshots.
- Know when to tell a trusted adult.
- Know basic reporting options.

What can go wrong online?

Risk	Description
Cyberbullying	Mean comments, threats, and repeated insults.
Fake Messages	Prize claims, fake verification, and urgent warnings.
Privacy Misuse	Someone sharing your photo or personal details wrongly.
Account Misuse	Someone trying to get your password or OTP.

Risk	Description
Stress from Overuse	Feeling upset, tired, or confused after being online for too long.

What should you do first?

S.T.A.R.R. Action Plan for Online Safety

- **Stop:** Do not reply in anger or fear. Take a moment to pause.
- **Take Screenshots:** Save evidence of the conversation or incident immediately.
- **Avoid:** Block the person to stop further contact.
- **Reach Out:** Tell a trusted adult, staff member, or counselor who can help.
- **Report:** Use the platform's official tools to flag the harmful behavior.

Story: Imran and the game chat

Imran is 17 and plays online games. A stranger in the game chat asks him for a photo and offers free coins. When Imran does not respond, the stranger becomes rude and sends threatening messages. Imran does not argue. He takes screenshots, blocks the user, and tells a staff member. The staff member helps him report the account and reminds him that speaking up was the right step.

Activity 1: True or False

1. Cyberbullying only happens on social media.
☐ True ☐ False
2. If something online feels wrong, it is better to stay silent.
☐ True ☐ False
3. Screenshots can be useful proof.
☐ True ☐ False

4. A trusted adult can help you report online trouble.

☐ True ☐ False

5. It is okay to share your OTP to stop someone from being angry.

☐ True ☐ False

Activity 2: Safe response or not?

1. Replying angrily to a rude message.

☐ Safe Response ☐ Not a Safe Response

2. Taking a screenshot of a threatening chat.

☐ Safe Response ☐ Not a Safe Response

3. Sharing your password to avoid conflict.

☐ Safe Response ☐ Not a Safe Response

4. Blocking a stranger who keeps messaging you.

☐ Safe Response ☐ Not a Safe Response

5. Telling a staff member or trusted adult.

☐ Safe Response ☐ Not a Safe Response

6. Deleting all evidence before telling anyone.

☐ Safe Response ☐ Not a Safe Response

Activity 3: Practice Your Online Safety Responses

Match each situation with the correct response from the options below.

Situation	Response
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Rude repeated messages	_____
Suspicious link	_____
Someone asks for password or OTP	_____
Fake prize message	_____
Harassing chat	_____

Response Options:

- Block and tell a trusted adult
- Do not click and report
- Do not share
- Delete and warn others
- Save screenshots and report

Activity 4: Fill in the blanks

1. If something online feels wrong, first _____.
2. Take a _____ if you need proof.
3. Do not share your _____ or OTP.
4. Tell a _____ adult.
5. Report the problem on the platform or through the right _____.

Healthy online habits

Healthy Online Habits	Online Habits to Avoid
● Taking breaks from screen time	● Staying online very late every day
● Talking to someone if a message upsets you	● Checking messages again and again when you feel stressed
● Keeping some offline time for sleep, study, and rest	

Quick recap

Core Concept	Recommended Practice
Unsafe Situations	Do not ignore them; take immediate action.
Gathering Evidence	Save proof (like screenshots) before deleting chats or posts.
Taking Action	Block the user, report the issue, and inform a trusted adult.
Data Privacy	Never share passwords, OTPs, or personal details.
Digital Well-being	Practice healthy screen habits to protect your well-being.

One line to remember

Do not stay silent. Stop, save, block, and speak up.

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