

1. Read the webpage. What does “hyper-networking” mean?

Cyberbullying: the facts

Q: Does spending a lot of time online mean I'm more likely to become a victim of cyberbullying?

A: Yes. If you spend more than three hours a day on social networks, then you're "hyper-networking". You're much more likely to become the victim of a cyberbully at some point.

Q: Cyberbullying is the same as bullying, isn't it?

A: No, it isn't. It can be worse than regular bullying because cyberbullying can happen 24 hours day and night, seven days a week, and you don't need to see the other person.

Q: What are the signs of someone experiencing cyberbullying?



A: They're not always easy to spot. Here are a few obvious ones: your friend seems sad and anxious, when she's usually happy and funny. Your friend suddenly stops coming to after-school clubs and spends more time on his own. Your friend gets great grades in school, but this semester she's done really badly in all her tests. Your friend checks his phone a lot and is moody after reading a text message or using the computer.

Q: How can I help?

A: Look out for changes in your friends' behavior. Talk to them. They might not feel like talking to anyone at first, but be patient. Let them know you're there for them. If you can't do anything, talk to a teacher or parent.

Q: Is there anything else I can do?

A: Why not start an anti-bullying campaign at school? Together, you and your friends can make a difference.

2. Confirm a text's content Read the webpage again and check the statements that express the ideas in the webpage.

1. Spending more than three hours a day online means there's a greater chance you'll experience cyberbullying.
2. It's easy to tell if someone is the victim of a cyberbully.
3. If you think a friend is a victim of cyberbullying you can watch for certain changes in them.
4. Victims of cyberbullies don't always want to talk to people about what's happening.
5. Anti-bullying campaigns don't make any difference.

3. Scan for information Choose the correct answer.

1. A cyberbully ...
 - a. asks to meet a person face to face.
 - b. can see the person he or she is bullying.
 - c. relies on technology.
 - d. relies on other people's help.
2. Cyberbullying is a dangerous form of bullying because ...
 - a. bullies can have access to the victim all day and all night.
 - b. it can go on at school.
 - c. it mostly happens online late at night.
 - d. bullies can see their victims only at night.
3. If a friend is being cyberbullied, he or she might ...
 - a. continue behaving normally.
 - b. be more anxious than usual, feel upset, and have problems with school work.
 - c. be more anxious than usual, but still enjoy checking their phone and being online.
 - d. tell you immediately that they are having problems.
4. If a friend has bullying issues, it's better to ...
 - a. deal with things alone.
 - b. avoid talking to them about it.
 - c. ignore their behaviour.
 - d. tell a teacher or a parent if necessary.
5. Apart from talking to another person, the webpage also suggests that ...
 - a. there aren't a lot of ways to stop bullying.
 - b. anti-bullying campaigns don't make any difference.
 - c. students can work together at school to start an anti-bullying campaign.
 - d. there's a limit to how successful anti-bullying campaigns can be.