



RESOURCES FOR STUDENTS TOOLKIT-1

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CITIZEN DIGITAL
Foundation

Awareness. Accountability. Action.

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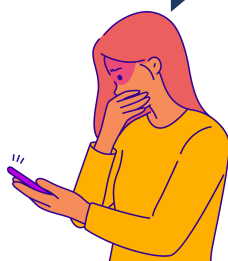
Cyberbullying

What is Cyberbullying?

UNICEF defines cyberbullying as

“Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones. It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted.”

I'm being cyberbullied, what should I do?



1. Remember that it is **not** your fault that you are being cyberbullied. And remember, that you are not alone.
2. **Ignore** - No matter how difficult it is, ignore the attacks, and walk away from the cyberbully. Take a deep breath and think before you respond to their messages. Cyberbullies often rely on getting a reaction out of victims, so don't let them know their plans have worked.
3. **Block** - Block the cyberbully, and if they are a friend, take them off your friends list.
4. **Save and print out the messages** - If the bully keeps harassing you, save and print out their messages. You can use these as evidence to show parents or a trusted adult if the bullying doesn't stop.
5. **Tell** - You should tell a trusted adult, who will listen to you and believe you, about the bullying, so they can report it. If this is not possible, you can report cyberbullying using one of the helplines listed in this document.

Reference: Child Mind Institute

Awareness. Accountability. Action.

Interesting tools

01



ReThink by Trisha Prabhu



ReThink™ is an award-winning, non-intrusive technology that effectively detects and stops online hate before the damage is done. You can download the app from the [Google Play store](#) for Android phones, and from the [App store](#) for iOS phones.

02



Uli by Tattle Civic Tech



A tool (that works primarily on Twitter) that can be used to censor slurs and abusive content in English and regional languages and to collectively push back against online gender based violence and harassment.



Cyberbullying

Helplines and reporting

Who?	What?	How?
CYBER B.A.A.P. - Cyber Bullying Awareness Action & Prevention  Click on the name to explore further	CYBER B.A.A.P. is a Mumbai-based anti-cyberbullying organisation that aims to help and provide guidance and counselling to victims of cyberbullying.	Email: report@cyberbaap.org Website: https://www.cyberbaap.org/contact-us/
iCALL - Counselling and Support	Telephonic counselling for those dealing with emotional issues including online harassment.	Helpline: 022-25521111 (Monday to Saturday, 8 AM to 10 PM) Website: https://icallhelpline.org
Cybercrime reporting - India	A portal for reporting cybercrimes including cyberbullying (especially against women and children).	Helpline: 155260 (9 am – 6 pm) Childline India: 1098 (24/7) Website: https://cybercrime.gov.in
Bodhini Helpline	A Kerala-based NGO working to educate and spread awareness regarding safety, online and offline. They provide counselling as well.	No: 889 132 0005 Emails: help@bodhini.in office@bodhini.in bodhini2014@gmail.com Website: https://www.bodhini.in/contact/ Anonymous questions: https://www.bodhini.in/qst
Manas Foundation (Counselling and Support)	Manas Foundation offers counselling and support to those who need help with their mental health and for bullying-related issues.	Helpline: +91 97117 00069 Website: Manas Foundation (Counselling and Support)





Cyberbullying

Kerala CyberDome	A portal to report any suspicious activity online.	WhatsApp Email: cyberdome.pol@kerala.gov.in Website: https://cyberdome.kerala.gov.in/reports.html
Tech Sakhi - Point of View	Tech Sakhi is a Hindi helpline run by Point of View , a non-profit that equips women, girls, and marginalised genders to inhabit digital spaces – freely and fearlessly.	Contact: 08045685001 Website: https://techsakhi.in 

Studies - Journal articles

INDIA

The effects of cyberbullying victimization on depression and suicidal ideation among adolescents and young adults: a three year cohort study from India
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9461154/>



Cyberbullying: A virtual offense with real consequences
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5914259/>



Indian government initiatives on cyberbullying:
A case study on cyberbullying in Indian higher education institutions
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9251041/>



INTERNATIONAL

Cyberbullying Among Adolescents and Children: A Comprehensive Review of the Global Situation, Risk Factors, and Preventive Measures
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8006937/>



Cyberbullying, School Bullying, and Psychological Distress: A Regional Census of High School Students
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3490574/>





Cyberbullying

ARTICLES

[Zuckerberg 'ignored' executives on kids' safety, unredacted lawsuit alleges](#)

[-The Washington Post](#)

[Teens and Cyberbullying \(study\)](#)

[-Pew Research Centre](#)

['You can't even face your own parents', activist against cyberbullying tells](#)

[Human Rights Council](#)

[-UN News](#)

[Cyberbullying, Human rights and bystanders](#)

[-Australian Human Rights Commission](#)



Click here



Click here



Click here



Click here

VIDEOS



[How to file a cybercrime report](#)

[by YLAC](#)



Click here



[Stop cyberbullying before the damage is done — a TED Talk by](#)

[Trisha Prabhu](#)



Click here



Privacy

What is online privacy?

When it comes to the internet and your activities online, privacy refers to the control you possess over the amount of personal information you share, or allow platforms and third-parties to collect and share. You can also choose which platforms and third-parties you share your information with.



Privacy

1. Keeping things to yourself that others **don't NEED** to know.
2. **Personal information** that you may **CHOOSE** not to disclose to anyone.
3. Requires a level of **trust** for you to disclose.
4. Privacy is about **you**.
5. Privacy is a **right**.

Vs.

Secrecy

1. Hiding things that others **ought** to know.
2. Information you may be **hiding** that someone might have a stake in.
3. **Breaking** someone's trust by hiding it.
4. Secrecy is about **other people**.
5. Secrecy is **not a right**.



Tools and resources

01



Have i been pwned? by **Troy Hunt**

Awareness. Accountability. Action.

A tool for assessing if, how, and how much of your online details have been compromised via your email being leaked in data breaches.



Click here

02



Data Detox Kit by **Tactical Tech**

An all-inclusive guide to your digital life to help you make more informed choices regarding your digital privacy, security, and well-being.



Click here



Privacy

03



Scam Guard by [The Quint Lab](#)

A special series of immersive guides to help people navigate through the growing menace of online scams.

04



Blacklight by [The Markup](#)

A tool to identify trackers and other technologies that exist behind any website.

05



Plug the Breach by [Internet Freedom Foundation](#)

A constantly updated repository of data breaches in India.

06



Who knows what about me? by [Children's Commissioner](#)

A map of the key points at which children's data is collected and its possible implications.

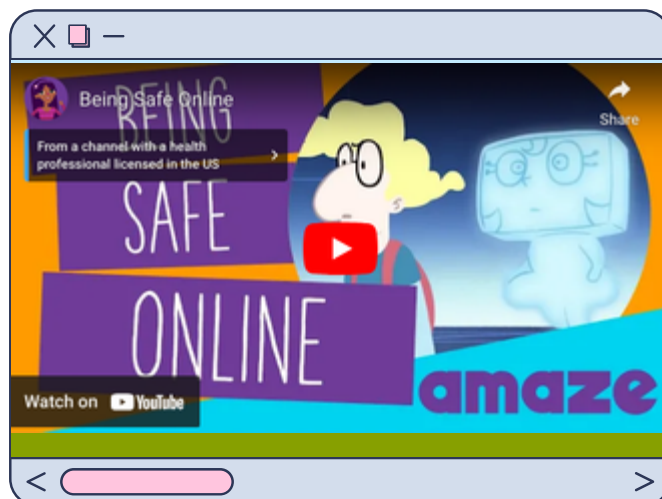


Click here

Remember :

1. Do not overshare your personal details.
2. Always 'manage' cookies.
3. Read privacy policies.
4. Do not share your Aadhar card casually as ID proof. Visit www.uidai.gov.in to download a masked version of your Aadhar card.
5. Pause. Ask. Act. Click [here](#) to know more.

Being safe online by [Amaze.org](#)





Misinformation

Misinformation

/ˌmɪsɪnfəˈmeɪʃ(ə)n/

Noun

false or inaccurate information, that is communicated regardless of an intention to deceive.



Disinformation

/ˌdɪsɪnfəˈmeɪʃ(ə)n/

Noun

false information that is **intended** to mislead, especially propaganda issued by a government organisation to a rival power or the media.

**Don't be the first to forward news. Don't speedshare.
Instead, verify or fact-check information using this checklist.**

SOURCE VERIFICATION CHECKLIST

Source	Sender, Origin, Publication, Credibility
Recency	Date, Timeline Appearance
Purpose	Motive, Bias, Political Leaning
Rigour	Accuracy, Quality, Objectivity
Audience	Who is it meant for?
Relevance	Context, Connection



Misinformation

Games

01



Click here

Bad News by Tilt Studio and the Cambridge Social Decision-Making Lab

An interactive English online game that teaches players about the spread of misinformation and fake news in a simulated environment.

02



Click here

Breaking Harmony Square by Cambridge University

A game that improves people's ability to spot manipulation techniques in social media posts and increases their confidence in spotting such techniques.

03



Click here

Go Viral! by Cambridge University

A 5-minute game about COVID-19 misinformation.

04



Click here

Pehchan Kaun by Tattle Civic Tech

An online game with a video guide to empower students with media & information literacy skills.

05



Click here

Viral Spiral by Tattle Civic Tech

A digital card game that helps players understand why fake news spreads.

Other helpful resources

01



Click here

'The Glass Room' (Misinformation Edition) by Tactical Tech

An interactive exhibition that explores different types of misinformation, teaches you how to recognise it, and how to combat its spread.

This is a virtual guide to a live exhibition, which contains useful resources.

02



Click here

Short videos that inoculate against misinformation online by Inoculation Science

In this collaboration between Cambridge University, the University of Bristol, and Google Jigsaw – a series of short videos were designed to help people resist unwanted persuasion online. The videos are rooted in a framework from social psychology called inoculation theory.



Misinformation

Fact-checking tools

These fact-checking portals are compliant with the International Fact-Checking Network (IFCN). They also do fact-checks in a few regional languages.

01



[India Today Fact-Checking Portal](#)
by the [India Today Group](#)



Click here

02



[Newschecker by Newschecker](#)
([NC Media Networks Pvt. Ltd.](#))



Click here

03



[FactCrescendo by FactCrescendo](#)



Click here

04



[Newsmeter by Newsmeter](#)
([Fifth Estate Digital Pvt. Ltd.](#))



Click here





Misinformation

Studies - Journal articles

[The disaster of misinformation: a review of research in social media](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8853081/)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8853081/>

[Psychological inoculation improves resilience against misinformation on social media](https://www.science.org/doi/10.1126/sciadv.abo6254?utm_source=substack&utm_medium=email)

[https://www.science.org/doi/10.1126/sciadv.abo6254?
utm_source=substack&utm_medium=email](https://www.science.org/doi/10.1126/sciadv.abo6254?utm_source=substack&utm_medium=email)

[Misinformation Amplification Analysis and Tracking Dashboard](https://integrityinstitute.org/blog/misinformation-amplification-tracking-dashboard)

<https://integrityinstitute.org/blog/misinformation-amplification-tracking-dashboard>

ARTICLES

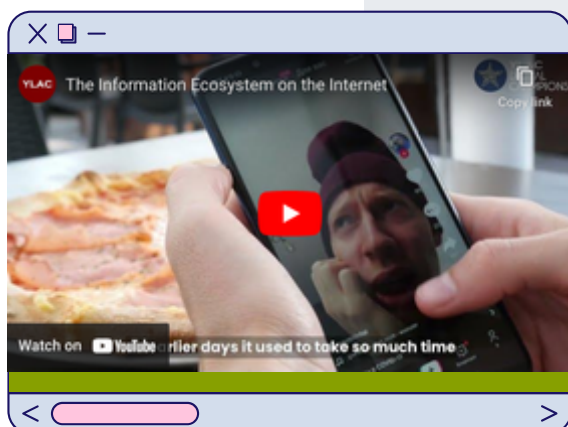
[The Problem of Misinformation in an Era Without Trust](#)

-The New York Times

[AI Is Tearing Wikipedia Apart](#)

-Vice

Video

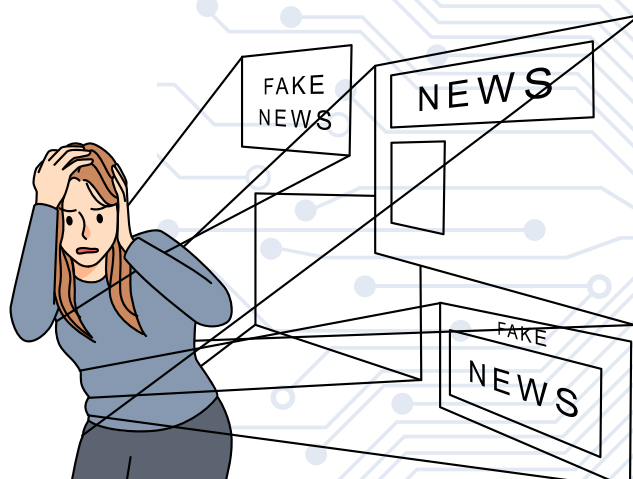


The Information Ecosystem on the Internet

by **YLAC**



Click here





Awareness for end-users



Accountability in tech businesses



Action in governance

Safe, responsible, equitable technology for all

Email: hello@citizendigitalfoundation.org

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