



# EXERCISE 1

## What can you do and what can you do?

1. **Read the Case Study:** Students will either individually read the case study or the teacher will read it aloud to the entire class (each teacher can decide the most suitable option for their class).
2. **Work in small groups (4-6 people):** The teacher will arrange small, diverse (heterogeneous) groups. Students will brainstorm and discuss strategies for both preventing the situation and intervening if it occurs.
3. **Share with all the students:** A representative from each group will share their group's contributions with the entire class.

## CASE STUDY

This case study is extracted from [Guía para la comunidad educativa de prevención y apoyo a las víctimas de ciberacoso en el contexto escolar](https://www.libreria.educacion.gob.es/gl/libro/guia-para-la-comunidad-educativa-de-prevencion-y-apoyo-a-las-victimas-de-ciberacoso-en-el-contexto-escolar)

[https://www.libreria.educacion.gob.es/gl/libro/guia-para-la-comunidad-educativa-de-prevencion-y-apoyo-a-las-victimas-de-ciberacoso-en-el-contexto-escolar\\_169558/](https://www.libreria.educacion.gob.es/gl/libro/guia-para-la-comunidad-educativa-de-prevencion-y-apoyo-a-las-victimas-de-ciberacoso-en-el-contexto-escolar_169558/)

Emily is a 15-year-old girl who is studying in high school. She is a very cheerful and outgoing girl, which results in her having many friendships and a large following on Tik Tok and Instagram. Among these groups are the girls from her lifelong neighborhood, with whom she has shared friendships for many years, and also, the group of friends from the new school she has transferred to for high school. She has just arrived at the high school and doesn't know many people; she is new, while her classmates have been together for years. However, she gradually integrates into the group. Her outgoing nature and being a good student facilitate her integration.

At her new school, Emily has developed a crush on a boy named Alex. Alex can be a bit of a troublemaker, often projecting a tough-guy image and sometimes ridiculing nearby classmates. Despite this, he is quite popular with the students in High School, he's a hit with the ladies at the school, and even the guys, 'cause they're always laughing at his jokes. In their WhatsApp group, Emily and her crew share their crushes on Alex, cracking jokes and having a good time. Emily takes these exchanges lightly, using humor to feel included in the group. She genuinely enjoys spending time with her new friends. As time passes, she slowly loses touch with her lifelong friends, feeling that she doesn't have as much fun with them anymore. Days go by, and she forgets to hit them up. She's just not as into them, and the distance keeps growing.

One Friday evening, at the club, Alex approaches Emily. Influenced by her conversations with her friends about how cool it would be to hook up with Alex, even though she's not really feeling it at the moment, she gives in and gets with him. She figures when she tells the girls at school,



they'll be psyched, and everyone will want to be her friend. She'll be the group's star, the coolest and prettiest one. Alex suggests capturing the moment with some photos. Emily thinks it's a good idea and takes some "steamy" selfies with Alex while they're getting cozy, along with a few compromising shots. As they get into it, Emily prefers to take it slower than Alex and puts a stop to it. "Just a few kisses and that's enough for the first day," she tells him. Alex doesn't like her attitude and storms off, frustrated after realizing he won't get more. Still, Emily feels great about herself and tells Jessica, her closest confidante in the group, almost like her "best friend." "I hooked up with Alex!" she says excitedly.

Her friends' response isn't what she expected. They don't say anything; instead, there's just silence, which surprises her a bit. But she thinks maybe Jessica hasn't seen the WhatsApp message... "but there's double blue check," she thinks. She sends another WhatsApp, but still doesn't get a response. Finally, after persisting, Jessica replies, confronting her and saying things like, "Girl, I can't believe you, how far you've gone." They decide to park the issue until Monday.

On Monday, when she arrives at school, it feels like her classmates are giving her dirty looks. She encounters some of the girls from the group, but they don't say anything; instead, they turn their backs and walk away laughing. Emily feels like they're laughing at her. Even some girls she hasn't interacted much with are looking at her with pity, while others with disdain... She doesn't understand what's going on.

In class, Jessica, who used to sit with her, switches seats, and Emily spends the class alone. When the bell rings, during break time, she grabs Jessica's arm and makes her confront the situation, asking her what's going on. Jessica expresses her disappointment, saying she didn't expect Emily to act like that. She starts hurling insults at Emily and tells her she wants nothing more to do with her. Emily asks why Jessica is saying these things, and Jessica explains that Alex sent some photos to an old WhatsApp group that Emily wasn't in, showing them together, as well as some solo shots of Emily. Jessica claims that Alex has been sharing all the details of what happened between them, including Emily's propositions. Despite Emily's denial, insisting it was just some escalated kissing and that Alex left angry because she stopped him, Jessica insists that the photos don't lie and tells Emily to leave her alone. Emily's nightmare has just begun...

Within a few hours, rumors have spread throughout the entire school. But it doesn't end there. Some guys, friends of Alex, start claiming that Emily also tried to hook up with them, but they rejected her because she was too forward. Some of these guys are even dating other girls from the friend group. Despite it all being lies, nobody believes Emily or bothers to find out the truth, and Emily is left without any friends at school. What hurts her the most is seeing Alex talking with her former friends.

Some of those friends open an Instagram account where they seek strategies to make Emily's life impossible. They even create a section called "Ways to Hate Emily," which garners up to 5000 likes. Others post a fake photomontage on her Instagram account to continue humiliating Emily. The rumors escalate, lies pile up, and photos are made public for everyone to see. Not only the photos, but also the private WhatsApp messages sent to her supposed friends are made public. Emily starts receiving messages from other guys making propositions for easy sex, and insults multiply. The school has become a hell, the days are unbearable, she doesn't feel like going, she's distracted in class, and her grades suffer. The end of high school is approaching, and she doesn't pass any exams. She's alone and powerless, with nobody to tell the truth to. That outgoing girl has now become a sad girl who sees no way out.



But one day, Emily receives a call from Mary, with whom she has shared life since the first day of kindergarten. When she explains what's happening to her, although they had grown apart, Mary doesn't hesitate to meet with her to talk and give her a hug.

## QUESTIONS

Think and discuss:

1. How could the situation have been prevented?
2. How can action be taken after the event to protect the victim?

When you come up with ideas, think about all the different people involved, like friends from the neighborhood, school buddies, and others.

Your proposals must consider the following elements:

- Friendship as key issue to prevent bullying.
- Positioning in favor of the victim and against the harasser
- Giving attractiveness to people with good values and behaviors
- Removing the attractiveness of violent people
- Don't justify any kind of violence
- Bystander intervention