

The World of Teens

II – Reading Test

Name _____ No. _____ Class _____ Date _____

You are going to read a text about cyberbullying.

How to deal with cyberbullying in lockdown

Lockdown has allowed for a significant increase in time spent on social media – with less outdoor exposure, we often resort to scrolling through Instagram or TikTok as an enjoyable activity. However, being online more also means that cyberbullying may increase, whether demonstrated through negative comments, threatening direct messages, or taunting posts. Here are some tips for you to deal with it.

1. Don't blame yourself.

The first step in moving past the negativity is recognizing that it's not your fault. Don't allow the bully's words to make you feel ashamed of who you are and what you believe.

2. Revenge is never the answer.

The bullies' actions are driven out of insecurity; they intend to have full control over your feelings so that you feel as badly as they do. Don't give them the satisfaction by sending negative messages in return.

3. Save the evidence.

Screenshot any posts or comments demonstrative of the cyberbullying and report them to an adult.

If you continue to keep quiet, the cyberbully may feel like he/she is permitted to continue.

4. Delete and block.

Reading cyberbullying messages repeatedly will only make you feel worse; instead, trash them and block the account that they're coming from. Instagram even has an automated "offensive comment" filtering that uses Artificial Intelligence to remove hurtful phrases.

5. Report negative activity to the platform the cyberbully used to target you.

Send any information about the cyberbully to the app or website that they used. Chances are their actions violated terms of service, and they may be removed from the platform.

6. Take time each day to unplug.

Break from your phone, computer or tablet for a couple of hours each day to engage with the world around you. Read a book or help your family declutter the house – staying in tune with your surroundings will help clear your mind.

7. Share your feelings with others.

Just because you may not be getting as much face-to-face time with peers, teachers and counselors doesn't mean they aren't still at your disposal. Reach out to a person you trust via email or text message to lift your spirits or talk to family members within your household for advice. Social distancing may leave you feeling more isolated than usual – but you're never alone in your battle against bullies.

www.girlslife.com (abridged and adapted; accessed in September 2020)

1. Match each word in column A with the word or expression they refer to in column B. Two of the options are not needed.

Column A	Column B
a. taunting (line 4)	1. embarrassed
b. ashamed (line 8)	2. shy
c. satisfaction (line 11)	3. insulting
d. hurtful (line 19)	4. nasty
	5. pleasure
	6. happiness

2. What do the following words refer to in the text? Two of the options do not apply.

Column A	Column B
a. them (line 11)	1. the bullies' actions
b. them (line 14)	2. screenshots
c. them (line 17)	3. cyberbullying messages
	4. the bullies
	5. posts and comments

3. Choose the correct option (a, b or c) to complete the sentences according to the text.

3.1 Bullies' actions usually mean that

- a. they are in control.
- b. they lack confidence.
- c. they feel satisfied.

3.2 One thing you shouldn't do if you get bullied online is

- a. take a screenshot of the messages.
- b. report what is happening.
- c. ignore the bullies.

3.3 Which of the following sentences is false according to the text?

- a. A cyberbully can be removed from a social media platform.
- b. Offensive comments can be automatically deleted by a platform.
- c. If you're cyberbullied and do nothing about it, bullies will eventually stop.

3.3 To clear your mind from being online during lockdown, remember to

- a. turn off your screens for a while.
- b. observe social distancing.
- c. get face-to-face interaction with your peers.