

Act for eliminating exclusion and bullying online and offline!



For teachers



COUNCIL OF EUROPE



CONSEIL DE L'EUROPE



Being online

Access and Inclusion

No child should ever feel excluded off- or online.



Foster a positive environment in your school by making sure that every student enjoys equal opportunities, regardless of gender, disability, race or culture.

Learning and Creativity

Children learn better and less bullying occurs in a relaxed, friendly environment where they can express themselves freely and know that their ideas and creations will be respected.



Include group work and co-operative activities in class.



Help students listen to and respect the ideas of others, and recognise the value of being fair and just towards others.

Media and Information Literacy

The internet is an open space where we may often encounter hate speech and hurtful content. Children need to know why and how to report and block anything offensive.




Read an online article in class that promotes racism or hate speech. Organise a class debate or discussion to get students to think about why such material is harmful and what to do about it when they see it online.

Well-being online



Ethics and Empathy

Bullying can be prevented if we all make an effort to understand and respect the feelings and perspectives of others.

-  Discuss different forms of bullying (exclusion, emotional and physical abuse...), and get students to reflect on how they would feel if they were in the shoes of victims.



Health and Well-being

It is important for your children to grow up in a home and school environment where they feel safe and protected.

-  Read out statements that children commonly use in the playground, and get your students to draw an emoji that expresses their feelings to each statement.
-  Compare their emojis to show the difference in interpretations.

e-Presence & Communications


Knowing how to communicate respectfully is an essential part of being a digital citizen.

-  Explain what digital footprints are, and the possible impact of a negative footprint on future career opportunities.
-  Discuss the types of behaviour that could negatively reflect in our digital footprint.

Rights online


Active Participation

Bullying has permanent lifelong consequences in terms of health, social and economic well-being, for bullies as well as those who are frequently bullied.

-  Get students to act out a few bullying incidents, alternately taking on the role of the bully, the victim and a bystander trying to stop the incident. This will lead them to reflect on their actions in real-life incidents.



Rights and Responsibilities

Everyone has the right to be respected and the responsibility to treat others as they would like to be treated themselves.

-  Create a school or class anti-bullying policy that students and teachers must read and sign. It should list the rights and responsibilities of students regarding their behaviour towards each other and clearly indicate the consequences for unacceptable behaviour.

Privacy and Security


Behaving recklessly online and publishing personal data without thinking about the possible consequences can both lead to bullying.

-  Ask your students to print out their social media profile information or online photo album, and to display it in a public space in the school.
-  If they feel uncomfortable doing this, explain that, unless they take precautions, millions of people could see their information online and use it against them.

Rights online

Consumer Awareness

Children are big advertising targets, and families should be made aware of this. Giving in to their every request when it comes to the latest trends or gadgets, can lead them to feeling more special than others, and less empathetic towards others.

-  Use a couple of popular online or offline ads in class to open a discussion about how we are influenced by advertising, and the impact it can have on others less fortunate than ourselves.

Help your students to cope with social challenges through resilience.

Other Council of Europe publications on Digital Citizenship Education

- ▶ Educating for a video game culture – A map for teachers and parents (2021)
- ▶ Digital citizenship education - Trainers' Pack (2020)
- ▶ Digital Citizenship Education – Lesson plans for educators available at <https://www.coe.int/en/web/education/new-materials>
- ▶ Digital Citizenship Education Handbook (2019)
- ▶ Bullying: perspectives, practice and insights (2017)
- ▶ Internet Literacy Handbook (2017)

Further information available at:
www.coe.int/education

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