

PART 4

You should spend about 20 minutes in this part.

Read the text and answer the questions that follow.

Choose **no more than five words and/or a number** from the text for each answer.

Cyberbullying

When you are the victim of cyberbullying, you may begin to feel embarrassed, uneasy, worried and apprehensive about what other people may think or say about you. This may result in withdrawal from friends and family, self-talk and negative thoughts, feelings of guilt over actions or inactions, or the perception that you are being unfairly judged. Common symptoms include headaches, nausea, stomachaches and feelings of loneliness and overwhelmed.

It's possible for you to become demotivated to engage in the activities you typically enjoy and to feel distant from the people you care about and trust. Another typical consequence of cyberbullying is missing school, which can have an impact on the mental health of young people who use drugs and alcohol or violent behaviour to cope with their emotional and physical anguish.

Depending on the platform, cyberbullying can have different consequences on mental health. For instance, bullying that occurs through text messages or the posting of images or videos on social media platforms has been shown to be extremely damaging to teenagers.

Anybody can fall prey to cyberbullying. Try to provide assistance if you witness someone you know going through this. You should give your friend your full attention. Why are they unwilling to report instances of cyberbullying? What emotions do they have? Inform them that while they don't need to file a formal report, it's imperative that they speak with a potential helper.

Keep in mind that your friend might be feeling vulnerable. Treat them with kindness. Assist them in considering what and to whom they might express it. If they report, offer to accompany them.

Help your friends locate a responsible adult who can assist them in handling the matter if they are still unwilling to report the occurrence. Recall that the effects of cyberbullying can be potentially fatal in certain circumstances. A person may come to believe that no one is interested in them or that everyone is against them if they do nothing. There's power in the words you use.

You can get in touch with your school's counsellor, sports coach or favourite teacher in person or over the internet. Additionally, if speaking with a friend or family member makes you uncomfortable, look for a helpline in your nation where you can speak with a licenced counsellor.

If the bullying is taking place on a social media site, you should think about blocking the offending user and formally reporting their actions there. It is the responsibility of social media businesses to protect their users.

Gathering proof, such as screenshots of social media posts and text conversations, might be useful in demonstrating what has been happening. Bullying must be recognised in order to be stopped, and reporting it is essential. Demonstrating to the bully that their actions are inappropriate might also be beneficial. You should get in touch with the authorities or emergency services in your nation if you are in imminent danger.

(Adapted from: <https://www.unicef.org/end-violence/how-to-stop-cyberbullying#4>)

25. Headaches, nausea, stomachaches, and overwhelming feelings of loneliness are _____ of cyberbullying.
26. _____ is another common outcome of cyberbullying, which can affect the mental health of young people who turn to drugs, alcohol or violent behaviour.
27. It has been demonstrated that cyberbullying, in the form of _____ or the sharing of pictures or videos on social media, can be very harmful to youngsters.
28. Tell your friends that even if they don't have to submit an official report, they should _____.
29. Remember that in certain situations, the _____ can be lethal.
30. If you feel _____ talking to friends or relatives, choose a helpline in your country where you can talk to a certified therapist.
31. Consider banning the offending individual and _____ their behaviour on social media if the bullying is occurring there.
32. If you are in immediate danger, you should contact your nation's _____.

Questions 33 and 34

Complete the table below with a **word** from the text.

For each question, write your answer in the space provided on your answer sheet.

Meaning	Word
33. discouraged	
34. chats	

[10 marks]