

# CYBERBULLYING **Anti-Troll** KIT

## Reflection sheet

To start, I want to congratulate you for agreeing to complete the reflection sheet on cyberbullying today. This shows your good intentions in the process and your willingness to avoid repeating a similar situation in the future. This is truly commendable.

The sheet is not an exam, and you don't need to pass a test, so don't worry! However, I'd like you to take the time to answer the questions honestly and openly. The goal of this document is to make you aware of your problematic behavior, so it's in your best interest to be truthful in order to get rid of certain bad online habits.

The reflection sheet will not be read by a police officer. It will remain within your school, so you can write freely without fear that your statements will later be used in court against you.

### 1. In your own words, describe what happened.

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### 2. How do you think the victim feels about your actions?

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### 3. Have you ever been a victim of bullying or cyberbullying?

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**4. If so, how did you feel when you experienced these events?**

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**5. In your opinion, what is bullying and cyberbullying?**

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**6. Why, in your opinion, should bullying and cyberbullying be stopped?**

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**7. What are the consequences of cyberbullying for the victim?**

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**8. What do you think will be the next consequence for you if you continue your behavior?**

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**WRITING (Write your name)**

Full name (in block letters)

Signature

Date