

COURSE UNIT INFORMATION SHEET (SYLLABUS)

2020/2021

Name Violence among peers: from <i>bullying</i> to <i>cyberbullying</i>
Teaching staff (Also indicate the Professor in charge) Ana Margarida Veiga Simão (Professor in charge); Paula Ferreira (Post-Doc Researcher)
ECTS 6 - ECTS
Functioning The 1st class (September 21th) will take place online through Zoom. Any situation related to the pandemic and that is not included in the course unit information sheet will be analyzed according to the rules stipulated by the competent entities. Scenario A: Advanced release from confinement. Classes will be in person for all enrolled students if the size of the room allows it. If not, two sub-classes will be organized in such a way that each student has his or her face-to-face class in alternate weeks. Scenario B - Total confinement. If a scenario of greater restrictions emerges, at some point, to be determined by public and academic authorities, classes will be taught online at the stipulated time. Masters in Psychology. Optional Course for the 1st cycle. 3rd year / 1st semester. Theoretical and practical lessons (4 hours per week) Curricular tutoring.
Learning goals To provide knowledge of essential conceptual frameworks to identify the phenomena of conflict, indiscipline and violence among peers; To promote the identification of variables and current research methods in the context of bullying and cyberbullying phenomena; To foster reasoned analyses of the predictors and consequences surrounding the incidents of bullying and cyberbullying in different contexts; To promote an understanding of socio-emotional aspects and coping strategies related to the stakeholders of bullying and cyberbullying incidents; To provide an understanding of the functions of professionals in bullying and cyberbullying situations; To provide an understanding of the self-regulation process to promote prosocial behavior; To articulate knowledge of diverse professional practices in the context of incidents of bullying and cyberbullying. To involve students in research projects.
Skills to be developed At the end of the course students will be able to: Demonstrate an understanding of the conceptualization of the phenomena of bullying and cyberbullying;

Enunciate variables and related research methodologies related to and used to analyze the phenomena of bullying and cyberbullying, respectively;

Enunciate functions and professional practices in different services and contexts of bullying and cyberbullying;

Reflect critically on previous ideas regarding the phenomena of bullying and cyberbullying;

Critically reflect on previous ideas regarding the functions and practices of professionals and authorities in situations of bullying and cyberbullying;

Recognize the need for a scientific approach to bullying and cyberbullying incidents;

Select appropriate working and information collection methods in the context of bullying and cyberbullying;

Analyze and interpret different cases and exemplary situations of bullying and cyberbullying incidents.

Prerequisites (precedences) *

Not applicable

Contents

1. Conflict, indiscipline and violence: clarification of concepts.
2. Conflict: theoretical approaches, conceptions, types, structure, conflict management styles; management and conflict mediation; fields of application; Educating for Peace.
3. Climate, violence and aggression among peers (bullying and cyberbullying).
4. Bullying: Bullying definition and conceptualization - the nature and different forms of bullying; contexts and means favorable to the practice of bullying; roles and characteristics of the parties - victim, offender and observers; reasons behind the practice of bullying; socio-emotional and behavioral consequences; coping strategies / avoidance of victims and observers; diagnostic bullying situation in Portugal; bullying in an international perspective; intervention in professional contexts and in schools.
5. From bullying to cyberbullying: definition and conceptualization of cyberbullying - the nature and various forms of cyberbullying; differentiation between bullying and cyberbullying; contexts and means favorable to the practice of cyberbullying; roles and characteristics of the parties - victim, offender and observers; reasons behind the practice of cyberbullying; socio-emotional and behavioral consequences; coping strategies / avoidance of victims and observers; diagnostic situation of cyberbullying in Portugal; behavioral self-regulation to promote prosociality; cyberbullying in an international perspective; intervention in professional contexts and in schools.
6. Case studies and research (e.g., socio-economic aspects, culture, gender and age).

Bibliography

- Dooley, J., Pyzalski, J., & Cross, D. (2009). Cyberbullying versus face-to-face bullying: A theoretical and conceptual review. *Zeitschrift für Psychologie/Journal of Psychology*, 217(4), 182–188. doi:10.1027/0044-3409.217.4.182
- Ferreira, A. S., Veiga Simão, A. M., Ferreira, A. I., Souza, S. B., & Francisco, S. M. (2016). Student bystander behavior and cultural issues in cyberbullying: When actions speak louder than words. *Computers in Human Behavior*, 60, 301-311. doi: 10.1016/j.chb.2016.02.059
- Hinduja, S., & Patchin, J. (2009). *Bullying beyond the schoolyard: Preventing and responding to cyberbullying*. Thousand Oaks, CA: Sage Publications. ISBN:978141296689.
- Veiga Simão, A. M. V. D., Ferreira, P., Francisco, S. M., Paulino, P., & de Souza, S. B. (2018). Cyberbullying: Shaping the use of verbal aggression through normative moral beliefs and self-efficacy. *New Media & Society*, 20(12), 4787-4806.
- Völlink, T., Dehue, F., & Mc Guckin, C. (2015). *Cyberbullying: From theory to intervention*. Routledge.

Teaching methods

The classes are theoretical and practical and function as a seminar system where the following activities are done:

- case analysis for information and questioning of concepts;
- exhibitions and debate; dialogic exposure; presentation of work by students; work in small groups, followed by debate;
- critical essays about research and scientific articles;
- self and peer evaluation of learning activities;
- individual work, group and plenary analysis / reflection cases, projects / situations in the context of peer violence; opportunities for participation in ongoing research projects.

Some sessions of the course are devoted: to monitoring the implementation of the work supporting students in planning, implementation and evaluation of activities to be undertaken; as well as to proposing oriented readings of scientific texts and writing of various documents that support the construction of tools for collecting and processing data; to supervising the use of various sources of information; to providing moments of hetero-evaluation with work sharing among students. Regular use of the Zoom and Moodle platforms to support the development of the curricular unit.

The general system of evaluation follows the essential principles of continuous evaluation and includes: The general assessment regime follows the essential principles of continuous assessment and includes: oral participation in class; organization of (i.e. preparation and promotion of sessions / debates / conferences and participants, among other aspects) and participation (i.e. presentation of a poster with a study resulting from ongoing research projects - group work) at an event / meeting on the theme of cyberbullying; and a written test.

Evaluation Regimes (General and/or Alternative)

General Assessment System:

Scenário A – Advanced release from confinement

- (a) A written assignment (30%) during classes;
 - (b) Group work (50%), including an oral presentation in video format during classes and a written document (scientific paper) to be handed in through digital platforms;
 - (c) Participation (20%) in the activities proposed in class (i.e., quantity and quality of participation, involvement on written tasks);
- II - Students with a grade less than 9 in the written assignment during classes (a) can perform another written assignment in the 2nd season, maintaining the grade from the other two components (b and c).
- II - Students who do not receive a grade above 9 in components b) and c) or a), b) and c) will have to perform a final exam on all of the content from the syllabus in the second season.

Alternative Assessment System for Student-workers (and other students considered in exceptional circumstances).

Final evaluation by written theoretical and practical examination, carried out in any of the assessment periods (100%).

Cenário B – Total Confinement

- (a) Execution and delivery via Moodle platform of an individual written exercise during the class period (30%);
 - (b) Elaboration of a group assignment (50%), including: i) an oral presentation in video format during the period of classes, to be sent by electronic means and ii) a written component (scientific article) to be delivered in the 1st season of evaluations by electronic means;
 - (c) Participation in the activities proposed in class (i.e., participation, collaboration, quantity and quality of research and writing tasks) (20%).
- II - Students with less than 9 points in the individual written exercise during the period of classes, redo this task in the second season, maintaining the grade of the other components (b and c).
- III - Students who obtain a grade lower than 9 in points b) or c), or a), b) and c) will have to carry out a final written exam on all syllabus in the 2nd season via a digital platform.

Alternative Assessment System for Student-workers (and other students considered in exceptional circumstances). Final evaluation by written theoretical and practical examination, carried out in any of the assessment periods via Zoom (100%).
Evaluation Elements The weight of the written test is 30% in the General Assessment System, the Group work is 50% and the Participation is 20%. The weight of the written exam is 100% in the Alternative Assessment System. Both in the General Assessment System, as in the Alternative Assessment System students will be approved with a grade of 10 or more points.
Rules for grade improvement To improve the grade students can perform a written theoretical and practical exam on all of the content in the syllabus during any of the assessment periods.
Requirements on attendance and punctuality As in the form of the General Assessment System, evaluation is viewed as an integral part of the teaching / learning process. An attendance to 2/3 of the theoretical and practical lectures is required. Without this attendance, students can not have access to any of the forms evaluation. Only students demonstrably considered in exceptional conditions will be exempt from this requirement.
Rules for special students (workers, elite athletes, student body leaders, military, fathers/mothers, with special needs) * For students considered in exceptional situation there is the possibility of a final assessment by written theoretical and practical examination, held during the assessments times (100%).
Language of instruction Portuguese
Disciplinary violations and penalties According to the Evaluation of Learning Regulation of the Faculty of Psychology of the University of Lisbon, the following behaviors are considered as disciplinary offenses subject to disciplinary action: a) To use or attempt to use materials, information, notes, study resources or other objects and equipment not authorized in academic exercises; b) To help or try to help a colleague in committing a disciplinary offense; c) To submit the same written work for evaluation in different course units without permission from the instructors, even if with minor changes; d) To present someone else's work as one's own; e) To forge, or change without permission from the author, any information or citation in an academic work; f) To interfere, change or attempt to change grades; g) To try to prevent or interfere with the proper functioning of classes, research or other academic activities; h) To make false accusations regarding instructors, governance bodies, other students or non-teaching staff of the FPUL; i) To falsify signatures in attendance sheets, documents relating to evaluation elements or in any official document relating to an academic process or status.

Disciplinary offenses committed in any assessment element can lead to its annulment, and must be reported to the Pedagogical Council or, considering their gravity and repetition, may lead to other penalties, to be determined by the Rector of the University of Lisbon.

* If applicable