



Video Discussion

What You'll Need: • [Video](#) • [Student Handout](#) • [Student Handout \(Spanish\)](#)

Activity Steps

1. **Introduce** the video topic to students by saying: *Today we're going to watch a video that explores how online disinhibition sometimes leads to cyberbullying.*
2. **Show** the *Above the Noise* video [Is the Internet Making You Meaner?](#) by KQED Education (6:24 minutes). (Note: You can use the video player to turn on closed captions or subtitles in Spanish.)
3. **Lead** a class discussion exploring the questions below.

Optional: You can also distribute the [Student Handout](#) and have students respond to the questions prior to group or whole-class discussion.

Discussion Questions

1. *What is online disinhibition?*

Sample responses:

- **online disinhibition** is when people behave differently online than they would in person.

2. *What are the two different types of online disinhibition? How are they different?*

Sample responses:

- "Toxic disinhibition" is when you have a tendency to act meaner than you would in real life. You might say things that are more hostile or hurtful than you would in person.
- "Benign disinhibition" is when people open up and share more than they normally would. This can help them connect to others and create a more positive online experience.

3. *What causes online disinhibition?*

Sample responses:

- **Anonymity:** when you're online, it's easier to hide your real identity. This means that you might not face any repercussions if you do something mean. It can also help people open up, because they don't have to worry about being judged personally.
- **Lag time:** Communication online doesn't always happen in real time; there is often a lag between the moment you send a message and the moment you get a response. This makes it easier to be more impulsive when we post. It could also give people the time to pause and think before posting or responding to a comment.
- **Lack of nonverbal cues:** when you communicate online, you might not be aware of someone else's body language. This makes it harder to know how someone else is really feeling.





Quick Activity

Video Discussion

4. *Have you experienced online disinhibition?*
 - *Answers will vary.*
5. *Do you think online disinhibition is a good thing or a bad thing? Why?*
 - *Answers will vary.*

