

NAME \_\_\_\_\_

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# What Is Online Disinhibition?

## Part 1 Directions

Take notes on the KQED *Above the Noise* video "**Is the Internet Making You Meaner?**" by answering the questions below.

1. What is the "online disinhibition effect"?

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

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3. What are three causes of online disinhibition? Describe each.

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# What Is Online Disinhibition?

## Part 2 Directions

Although online disinhibition can sometimes lead to positive outcomes, it can often cause people to make hostile or mean comments. These comments can cause toxic drama and can even lead to cyberbullying. To counter this effect, we can pause before we post and think about how online disinhibition -- anonymity, lag time, and lack of nonverbal cues -- might be impacting our ideas and words. Complete the table below to analyze how online disinhibition might be countered.

Example	How might anonymity, lag time, or lack of nonverbal cues be affecting this situation?	What could be done to counter online disinhibition in this situation?
A group of people target a celebrity online with hurtful comments and stories all using the same hashtag.		
A teenager posts pictures from his vacation, and people from his school post mean comments making fun of what he's doing and how he looks.		
Write an example from your own life or that you can imagine:		

