Change Objectives

Determinants
- Social Skills
- Self-esteem
- Knowledge
- Attitudes
- Self-efficacy & Behavioral capability
- Outcome expectations
- Social influence
- Awareness

Performance Objectives
1. Adapt a constructive 5G-schema
2. Replace passive/aggressive coping with APS coping
3. Learn how to respond to cyberbullying in an assertive, self-conscious manner
4. In the future, maintain the constructive 5G-schema, APS coping and assertive responses
5. Use the internet/mobile phone in a safe and secure manner

Program outcomes
- Cope (mentally and behaviorally in an adequate and effective manner with cyberbullying)

Health and quality of life improvement
- Depression & Anxiety
- Loneliness
- Dropping out of school
- Truancy
- Maladaptive behavior