Selection questionnaire Experience with and performing 17 negative online behaviors

T0 Effect and tailoring variables

Advice 1: Think strong, feel better.
1. Introduction about program, participant agrees to cooperate and practice
2. Participant watches emotion recognition video and is encouraged to think about events and associated emotions
3. 5G-schema is explained
4. Participant receives tailored examples of 5G-schemas
5. Participant receives tailored examples of irrational thoughts
6. Participant attends to tailored explanation in disputing and replacing irrational thoughts with rational thoughts
7. Participant forms rational thoughts
8. Participant applies skills and knowledge about 5G-schema to an example situation
9. Participant forms plans to use the 5G-schema in daily life

T1 Effect and tailoring variables

Advice 2: Stop the bully now!
1. Participant receives tailored explanation of why and how online and offline bullying situations emerge
2. Participant receives examples of general and tailored APS coping strategies
3. Participant receives examples of online bullying and effective reactions
4. Participant learns how to and forms plans for online and offline bullying and gossiping
5. Participant receives reflection on current coping strategies
   a. Learning how to respond assertively; forming and planning assertive responses
   b. Learning how to use humor
   c. Learning how to involve bystanders and forming plans

T2 Effect and tailoring variables

Advice 3: You’re doing good, can you do better?
1. Participant evaluates all plans made in advice 1 and 2, and adjusts plans if necessary
2. Participant receives summary of advice 1 and 2 in three steps: Conflict Resolution
   a. Think
   b. Act
   c. Closure
3. Participant receives feedback on progress, and based on this (s)he can choose additional tailored lessons in using humor, non-verbal communication, coping strategies and the 5G schema
4. Participant learns what to do online, what not to do online and receives tailored safety advices
5. Participant forms plans considering online safety

Extra tailored lessons
1. Emotion regulation
2. Planning social activities
3. Starting conversations
4. Asking questions
5. Empathy
6. Non-verbal communication
7. Expressing emotions and opinions