

Cyberbullying

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What is Cyberbullying ?

- **Cyberbullying**: is the use of electronic communication, it takes place over digital.
- to bully a person, typically by sending messages of an intimidating or threatening nature.
- "children may be reluctant to admit to being the victims of cyberbullying".
- Cyberbullying can occur through SMS text or online in social media or gaming where people can view participate in or share content.
- Devices used : like cell phones, computers and tablets



What does Cyberbullying include ?

- Cyber Bullying include **sending , posting or sharing negative ,harmful , false or mean** content about someone else.
- It can include sharing personal or private information about someone else causing **embarrassment** or **humiliation**.
- Some Cyber Bullying crosses the line into unlawful or criminal behaviour.



Where does Cyberbullying occur

?

- Social media such as Facebook , Instagram , Snapchat and Tik Tok
- Direct messaging and online chatting over the internet.
- Chat rooms and message boards such as Reddit
- Email
- Online Gaming Communities



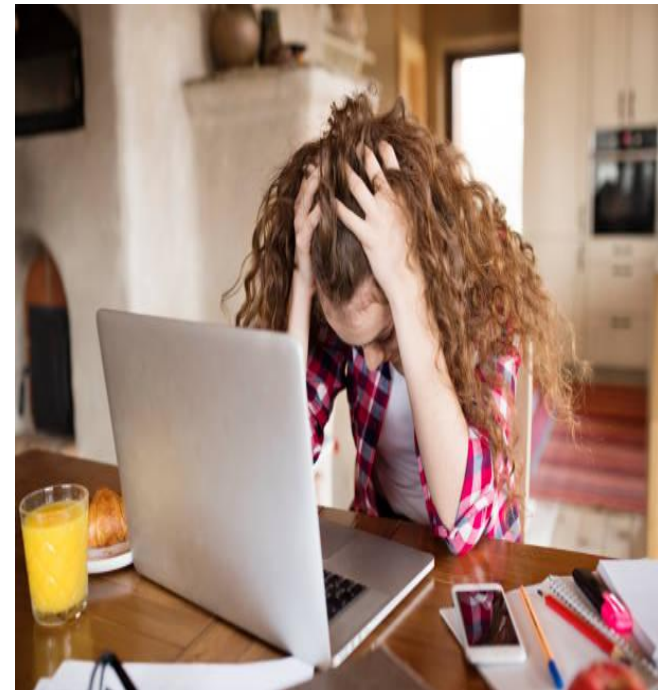
Examples of Cyberbullying

- Sending mean texts
- **Hacking** into someone gaming or social networking profile
- **Being rude** to someone in online social media or games.
Spreading Secrets or rumours about people online.
- Pretending to someone else to spread hurtful messages online.
- **Impersonation** of someone's personality.



How does Cyber Bullying change behavior ?

- A drop in social behavior , avoiding friends or social events
- Becoming more quiet.
- Grades Dropping.
- Losing interest in activities that they normally enjoy
- Avoiding using their phones.
- Using drugs or alcohol.
- Expressing dark thoughts or emotions
- Talking about suicide.



Who should be informed if someone is bullying me online? Why is reporting important?

- to seek help from someone you trust such as your *parents*, a *close family member* or another *trusted adult*.
- At school you can reach out to a *counsellor*, the *sports coach* or your *favourite teacher* – either online or in person.
- If the bullying is happening on a social platform, consider *blocking* the bully and formally *reporting* their behaviour on the platform itself.
- Social media companies are obligated to keep their users safe.

Thank You