
Cyber Bullying



Cyber Bullying

You may know what bullying is, but do you know what **cyber bullying** is?



What is cyber bullying?

Cyber bullying is being cruel to others by sending, posting or sharing hurtful material about someone or a group of people using the Internet and different types of technologies e.g. smartphones, tablets, games consoles

This could include:

- Posts on a social network site
- Comments on a YouTube channel
- Nasty comments on gaming chat sites



Different names for cyber bullying

There are different types of cyber bullying:

‘Flaming’ – Trying to provoke someone on the Internet by spreading messages and posting hurtful messages

‘Impersonation’ – Setting up a false profile in the name of someone and putting nasty information on the site

‘Outing’ - Sharing someone’s secrets on the Internet

‘Exclusion’ – Intentionally stopping someone from being part of an online group e.g. Xbox Party



How is cyber bullying different?

All types of bullying are hurtful. Cyber bullying can be even more distressing because:

- The victim may not know who is doing it because they don't know who the bully is.
- It can happen not just in school time but during the holidays and after school.
- Many people can see what is being said because it is on the Internet.



What are the consequences of cyber bullying?

People who are affected by cyberbullies can suffer long term because:

- Sometimes it takes many weeks for the hurtful comments to be taken off a site.
- It can make people feel very scared of using the Internet.
- People may know information about them which they didn't want others to know.



Looking out for cyber bullying

Cyber bullying can take place in many different areas of the Internet using different technologies. Some examples are:

- Posting hurtful messages about someone on a social networking site or making rude comments when you send a message to someone.
- Changing a photograph of the victim to make them look different and sharing it with others, so they can try and humiliate the person.



Looking out for cyber bullying II

Other examples are:

- Making hurtful or threatening comments when someone is playing an online game.
- Someone trying to impersonate an individual and making up stories about them.
- Nasty comments made about a video that someone has uploaded to sites such as YouTube.



Be a helpful bystander

When you are in the playground, you would not sit and watch someone bully someone else. This is why it is important to help others if they are being bullied on the Internet.

- Ask them, ‘Are they ok?’ and ‘Have they asked anyone for help?’.
- Make sure they know who to tell, such as a teacher or adult.
- Support them by saying that cyber bullies are ‘keyboard warriors’ who are too scared to say things ‘face to face’.



Report and block

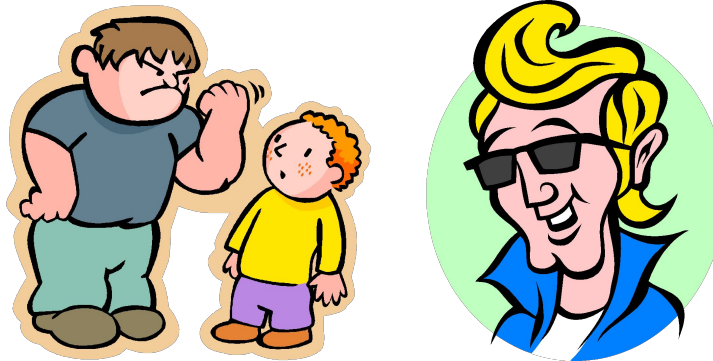


Another thing that you can do to support someone is to help them to REPORT and BLOCK the bully.

- On many Apps and websites, there are ways in which you can BLOCK the person. Look at the ‘help’ features on the site.
- You can also ‘REPORT’ them. They will not know that you have done this, but the site administrators can take action.



Keep Things Private



Another way to prevent cyber bullying is to try and reduce the personal information you share on the Internet.

- Keep personal information private. This includes your name, address, email, password, the school you attend.
- Make sure you check the privacy settings on Apps and websites to reduce the chance of people you don't know connecting with you.
- Reducing the number of people who can view information you share.



What's on your mind....?



Sometimes when we get mad about something or someone, it is easy to go on the Internet and say something back. We need to make sure that we:

- Think about what we are saying. Our comment might hurt someone, but is it going to solve the problem?
- Keyboard warriors are cowards! If it is someone you know that has said something hurtful, speak to them face to face about why they have done this.
- Think things through – Blocking & Reporting might be a better option or telling an adult or teacher.



Your checklist

If someone starts cyber bullying you, there are a number of things you must do:

- Ignore them – don't reply as this could make things worse.
- Tell someone such as a friend, adult or teacher.
- Show an adult or teacher what the person has said to you.
- Look at ways you can BLOCK and REPORT the person who is cyber bullying you.
- If it is a friend of yours who is being cyber bullied, be a helpful bystander.
- Keep on using the Internet. Remember you should not let the cyber bullies win!



Cyber bullying

Thank you for watching the presentation
and remember...

Stay Internet Safe!

