

NEW DANGER FOR THE YOUTH

UNDERSTANDING & PREVENTING CYBERBULLYING



What Is Cyberbullying?

Cyberbullying is bullying with the use of digital technologies.

It can take place on social media, messaging platforms, gaming platforms and mobile phones.

It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted.



The Examples Of Cyberbullying

Examples include:

spreading lies about or posting embarrassing photos of someone on social media

sending hurtful messages or threats via messaging platforms

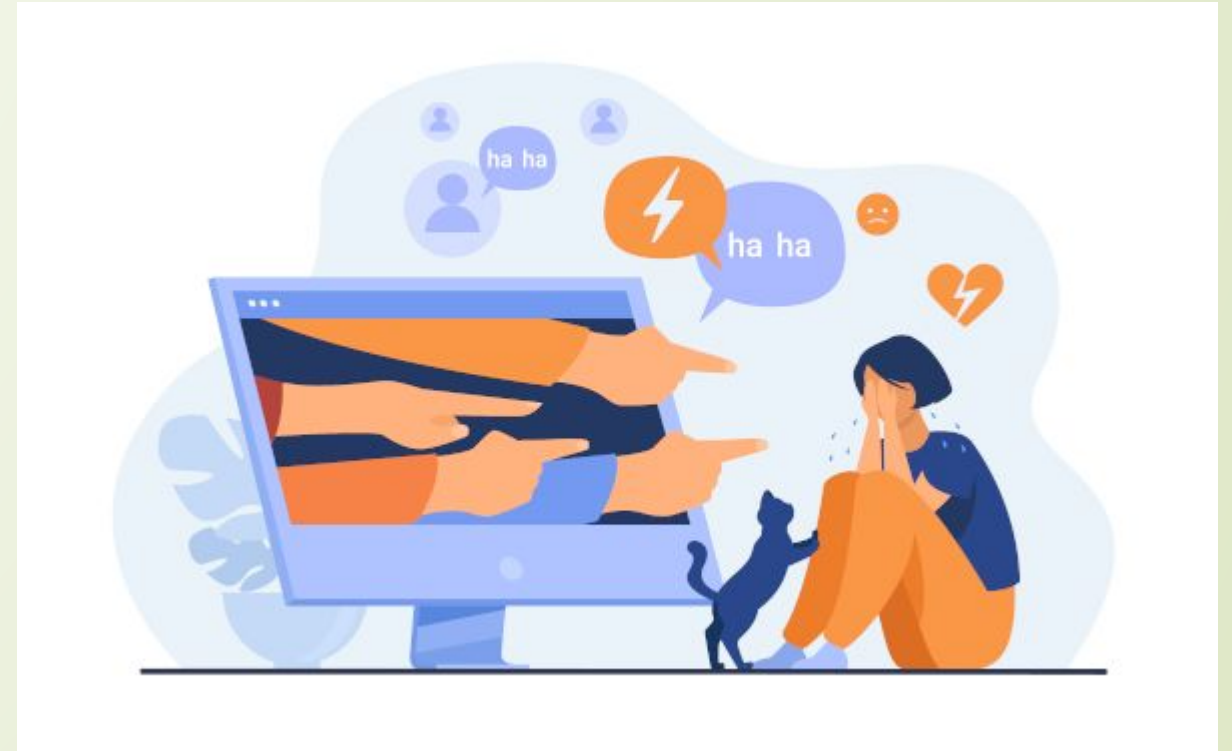
impersonating someone and sending mean messages to others on their behalf.



Am I being bullied online? How do I Know?

If you feel hurt or think others are laughing at you instead of with you, then the joke has gone too far.

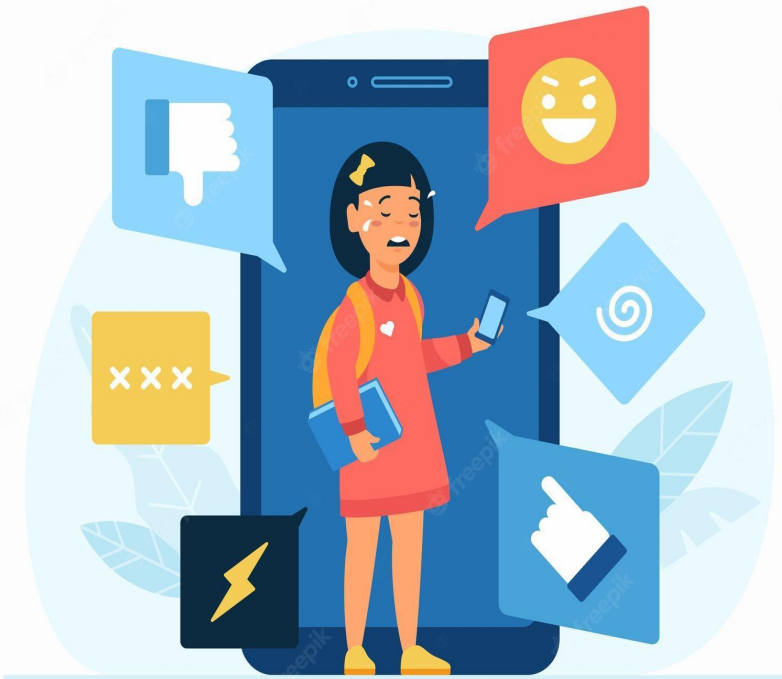
If it continues even after you've asked the person to stop and you are still feeling upset about it, then this could be bullying.



What are the effects of cyberbullying?

When bullying happens online it can feel as if you're being attacked everywhere, even inside your own home.

It can seem like there's no escape.



What are the effects of cyberbullying?

The effects can last a long time and affect a person in many ways:

Mentally – feeling upset, embarrassed, stupid, even angry

Emotionally – feeling ashamed or losing interest in the things you love

Physically – tired (loss of sleep), or experiencing symptoms like stomach aches and headaches



Why Don't Kids Report Cyberbullying?

1. Fear of Retaliation

They are afraid they will be labeled as a snitch.



Why Don't Kids Report Cyberbullying?



2. Don't Recognize Bullying

Kids might not be able to identify the action as bullying.

Why Don't Kids Report Cyberbullying?

3. Feel Ashamed

Bullying creates a power struggle that makes kids feel weak.



Why Don't Kids Report Cyberbullying?



4. Unsure of Adult's Reaction

Kids are afraid the adults will act irrationally or take away electronics.

Why Don't Kids Report Cyberbullying?

5. Think No One Will Believe Them or Help

Many are afraid that no one will be able to help.



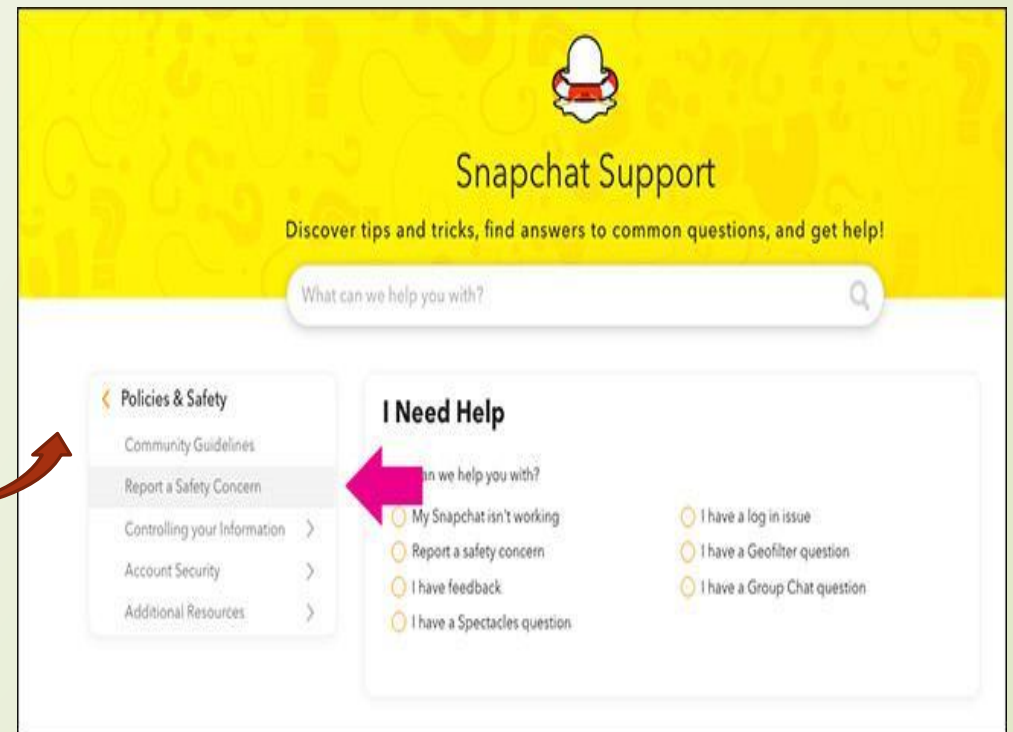
What Should I Do If Someone Is Bullying Me Online?

Seek help from someone you trust such as your parents, a close family member or another trusted adult.

In your school reach out to a counsellor, the sports coach or your favourite teacher.

Block the bully and report their behaviour on the platform itself.

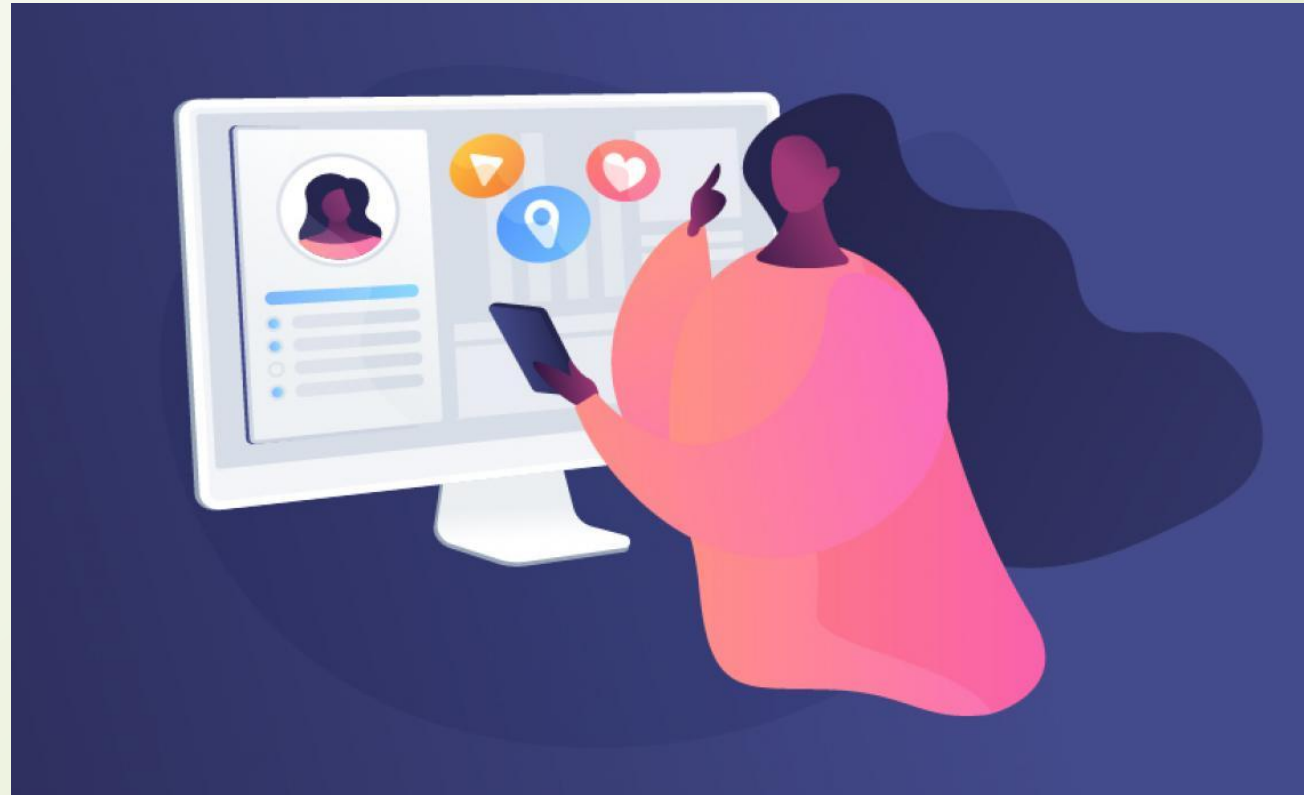
Collect evidence – text messages and screen shots of social media posts – to show what's been going on.



For Bullying To Stop, It Needs To Be Identified



We Need To Be Thoughtful About What We Share Or Say That May Hurt Others.



*Anyone Can Become A Victim Of
Cyberbullying.*



Thank You For Watching!

